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HOW TO BE A MAN

#304

NADIA FORDE
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ED'S LETTER...

Being a man: it should be pretty simple, right? Something that comes naturally to anyone with an X and Y chromosome combination. It is, of course, anything but simple. Life has a habit of throwing all manner of challenges at us, and the sands are constantly shifting under our feet with regards to how we should behave, dress and, yes, pay for meals on nervy first dates.

Luckily, I believe that right now being a guy's not about posturing or loutish behaviour. The men we look up to are hard-working, compassionate, honest human beings. Some of them, like Vic and Bob (p44), are also completely and utterly bonkers. Over the next 137 pages (not least in our How To Be A Man special), we'll be showering you with nuggets of wisdom and advice that'll help you become an even better bloke than you already are, and make you realise you weren't doing such a bad job of it in the first place. Or, at the very least, we'll show you how to get whiter teeth.

Personally, I loved Alastair Campbell's guide to being successful (p92). It's the sort of stuff you kind of already know, but seeing it written down, hearing it from the great people he's met throughout his career, you're reminded to stay focused and believe in your self. Because if you don't, who will? (Apart from your mum, bless her. Have you rung her today?)

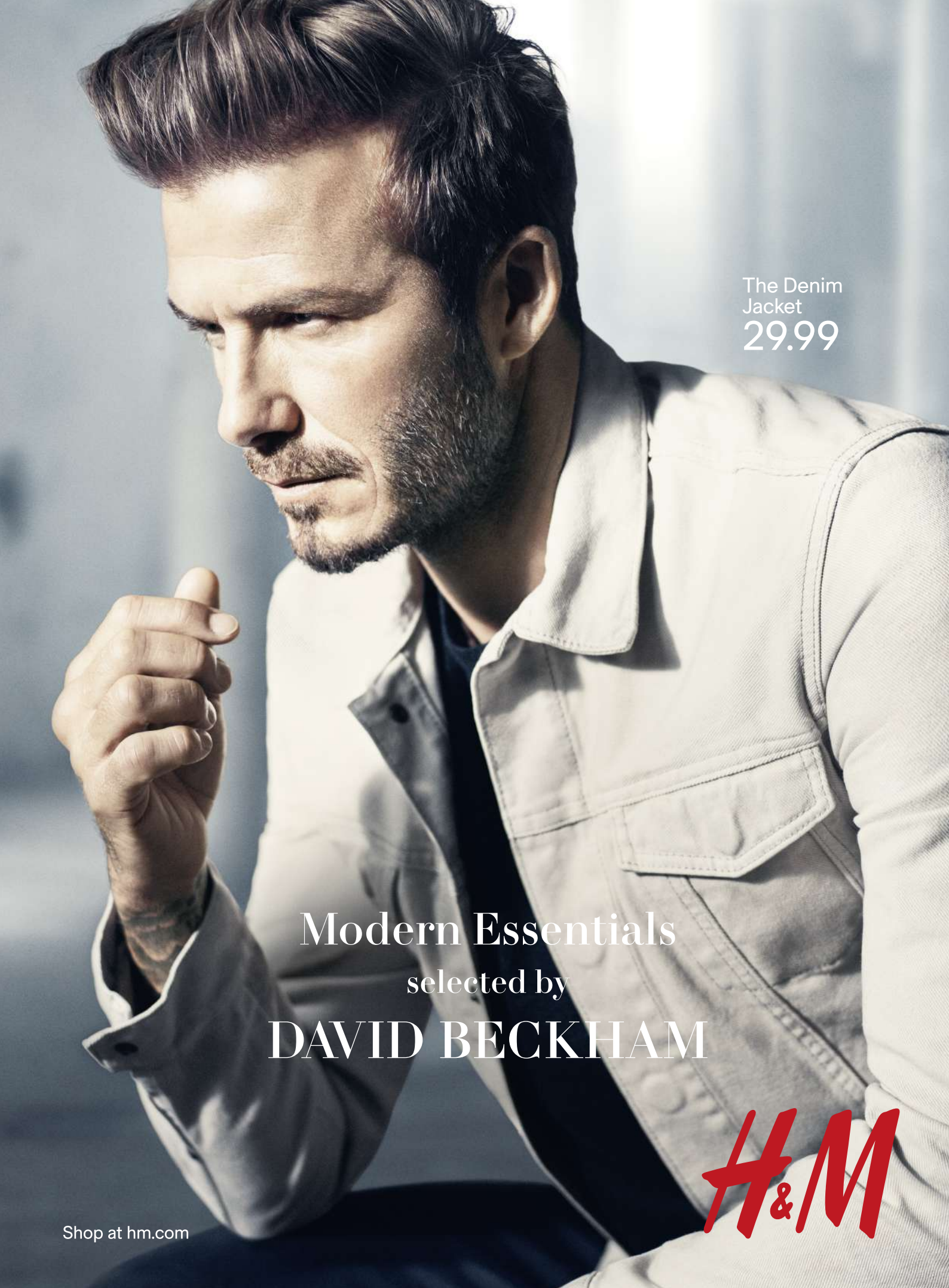
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Joe Barnes, editor



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LOOK AWAY NOW IF YOU DON'T WANT TO KNOW WHAT'S IN THE ISSUE



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BAUER recycle great magazines abc

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THE TEAM

WHAT FHMERS HAVE BEEN UP TO THIS MONTH

WE MET A LEGEND

A lot of adjectives get thrown at the *FHM* team on a daily basis, but 'cool' is rarely one of them. That's why we decided to draft in the smoothest man on planet Earth, Mr Thierry Henry himself. Here he is having a little breather in-between pummelling us with ping pong balls and laughing hysterically. Many a profile picture was made that day.





WE FOUND AN ANTIQUE

The secret to Upgrade Editor Jordan's cherubic complexion was finally uncovered when we found this distressed painting ditched in his back garden. Turns out our resident Yorkshireman had sold his soul long ago in exchange for a life of hedonistic sugary tea-binges and full, patch-less facial hair. Personally we're big fans of the mutton-chops and bowtie combo,





WE LOST CHRIS

Content director Chris Sayer loves his end-of-week pint. So when a 6pm phone call delayed Friday drinks, he didn't react very well. Moments after this photo was taken, he leapt out of the third-story window and careered down Camden High Street, leaving heaps of Jack Daniels vests and cannabis lollies in his wake. If found, please do not return.

WE GOT QUITE DRUNK

When social media editor Nick heard that there was a chance of meeting football boss Peter Reid, he knew it would be the perfect opportunity to get revenge on the man who scuppered his beloved Arsenal's 2003 title hopes. Sadly, Nick got drunk and screamed in his ear all night about the merits of zonal marking and how he 'once had a trial for Leyton Orient'.



WE MET MR COOL

This snap of fashion editor Daisy and deputy fashion editor Carlotta with our *FHM Collections* magazine star Raleigh Ritchie might seem harmless enough. That is, until you look a little closer and realise that Daisy has flat-out refused to flash the widely agreed-upon peace sign. Why? Does Daisy hate peace? Who can say, but one thing's for sure: she's a tyrant and must be stopped.

FHM
IT'S GREAT TO BE A MAN

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Baked greatness

Thanks *FHM*. March issues's 'Bake Like a Man' feature inspired me to step into the kitchen for the first time in ages and do something other than grab a beer. Here's the pretzels I made in honour of my favourite magazine. I reckon it won't be long before I'm making plenty of dough…

Neil, via email

We're really chuffed Neil, these look brilliant. Now, if you wouldn't mind sending them to us, then that would be perfect…

Nick Offer-MAN

Upon reading your 2015 Cool List in the March issue, I was happier than Ron Swanson in front of a plate of breakfast food. Nick Offerman, for me (and clearly for you) epitomises what cool means in this day and age. Long gone are the washboard abs and fake tanned 20-somethings of yesteryear and the real heroes of our time are being recognised. Thank you *FHM*!

Jack, via email

Too right, Jack. Who has time to chug protein at the gym when you could grow a trademark Swanson 'tash?





Letter of the month

DJ BBQ jr

In the March issue, DJ BBQ gave us the corn dog recipe. I decided to make them and they were, as our American friends say, "Freaking. Awesome". Great work guys and keep the recipes coming. Here's a picture of my 8-year-old Frankie enjoying his rad lunch.

Clinton, via email

We showed your culinary creation to the man himself, and he said: "Woah, I've never seen so much awesome contained in one photo before. Here, I'm sure they'll taste twice as good in front of this huge-ass TV."

The end is actually nigh

This is what my apocalypse survival kit would look like. Obviously it includes a copy of *FHM*! I've gathered together all of the essentials - grub, plenty of booze and of course, a copy of FHM to keep me busy between slaying zombies and the like.

Amandeep, via email

Do you know something we don't, Amandeep? And more importantly, is that a gun or a just a really aggressive-looking hoover?



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LETTERS 04/15



Never challenge us

In the last *FHM*, you state that the FA cup is the world's oldest football competition. Not true: it's actually the Scottish FA cup. And the price for me sharing this knowledge with you? I'll settle for the TV and Blu-Ray player thank you.

Big Pedro, via email

Sorry, Pedro. While the Scottish FA Cup trophy is older, the competition was created three years after its English counterpart. And the price for us sharing this knowledge with you? We'll settle for your TV and Blu-Ray player. Not feeling so big now are you?

Whiffy whiskey

The 'Survive A Great American Whiskey Trail' article struck a chord with me. My dad moved to the US and on one of my visits, we did the American Whiskey Trail. I learned that whiskey is not only a US tradition, but when the ingredients are being mixed in a huge bowl it smells like a hundred farts!

Jason, via email

We're glad the smell didn't put you off your trail. Turn to page 51 to learn about some lovely Japanese whiskys.

Beating the queue

I've been a fan of your magazine long before I met my wife and we had our daughter. Obviously, I love them both very much but what does a man have to do to read *FHM* first? As you can see, I'm two editions behind now and I'm missing out on serious important man stuff!

Jared Stewart, via email

You're fighting a losing battle there, Jared. Just be glad that you're in a family of good taste and wait your bloody turn, will you?



The battle of the bathroom

A few issues ago you said that bathing is completely unacceptable, yet in your last issue you wrote a guide to having the ultimate man bath. Do you not communicate in your office? What's going on?

Dean, via email

The office has long been split on the bath vs shower debate, Dean. There are some of us who love an indulgent soak and some of us who can't see past a good power-shower. Then there's Upgrade editor Jordan, who firmly believes in the all-over wet-wipe technique.



FHMManFood of the month

Congrats to @lammoviemonster who, via Twitter, blew our faces off with this Maryland chicken taco. Here's what our food boss DJ BBQ had to say: "Woah now, brodawg. Hold your horses. Fried chicken? Maple bacon mayo? BBQ sauce? Frickin' cheese?! I'm experiencing a knee-trembling foodgasm. Send a paramedic, and send this dude some brewskis."

SHOW US YOUR MAN FOOD!

Every month, we select the greatest culinary triumphs that have been submitted on Twitter and Instagram, and award them with a crate of BrewDog beer. Are you the king of crisp sandwiches? Did you make incredible pulled pork last weekend? Then show us with the hashtag #FHMManFood for a chance to win.

@fhm @fhmagram

Send us your letters...

WIN A 40" TV AND BLU-RAY PLAYER WITH *THE HOMESMAN*

Got something insightful to say about the mag? Well, why don't you tell us about it already? To celebrate the brand-new release of *The Homesman* on Blu-Ray and DVD on the 23 March, we're giving next month's letters winner a massive telly and their own copy of this critically acclaimed western epic.

With a star-studded cast including Tommy Lee Jones, Hilary Swank and Meryl Streep, *The Homesman* tells the tale of an independent frontier farm woman who convinces a claim jumper to help her escort three insane women across the harsh Nebraska plains.

All you've got to do to win is send us your brilliant, hilarious and one-of-a-kind letter (with a picture, if you can) via one of the ways opposite and the huge telly and Blu-Ray combo could be yours!



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** Nielsen 11-10-14*

ACCESS

IT'S GREAT TO BE A MAN

EDITED BY CHRIS SAYER



WHO SHE?

Age: 25
From: Emmerich am Rhein, Germany
Likes: Fashion, music, summer, *FHM*
Twitter: @annkathrin_br



GUTEN TAG ANN-KATHRIN BRÖMMEL

Would Wife

Meet a pretty foreign lady who finds your bumbling British ways oh-so-charming...

'Just make me laugh.' The four encouraging words uttered by countless actual girls *FHM* has spoken to over the years as they insist looks aren't everything. Yet while your 'hilarious' one-liners and 'charming' elephant impressions both surprise and delight in the UK, they can bomb with unassuming continental cuties. This is a lesson *FHM* learned the hard way with German lingerie model and football ace Mario Götze's prettier half, Ann-Kathrin Brömmel, when our jokes about Spar supermarkets and grabbing people's balls got lost in translation. Thank goodness she turned out to be a rather lovely lady with a love of music, footy and all things British. Naff jokes and all...

FHM: **Hello, Ann-Kathrin. What does Germany look like today?**
Ann-Kathrin: Damn cold! Germany is not very nice in the cold, so it's not my favourite place to be now.
So what do you do to save your sanity in the bleaker months?
I like to do things that remind me of the summer, like going to the spa.
You mean the chain of mini-markets we see all over Europe?
Huh?
Sorry, that was a rubbish Spar joke.
What is Spar?

ROBA IMAGES/LICKERISH

SI CUNNINGHAM

Would Wife



Er, never mind. Tell us a bit more about you...
I'm very ambitious and I don't like it when people or things stay the same and never change. I'm into friends and family and like to be busy, always travelling and trying new things. Do you know what I mean?
We do. You like to grab life by the balls...
Excuse me?
Er, we thought that was an international saying. We mean you're an adventurous go-getter...
Oh, ha-ha! Yeah, that's right.
So how are you looking forward to your *FHM* debut?
I'm very excited. I love *FHM* and get the feeling there aren't that many pictures of me out there in the UK, so I'm thinking maybe people get to know my face a little bit, see my pictures, find out more about me.
Which British models will you be hoping to eclipse?
I love Jourdan Dunn. She's beautiful. And there's Cara Delevingne, but she's a bit crazy for me. And Kate Moss... Oh, man, you have a lot of good girls over there!
We're very lucky. What's the most common thing you get asked about having 'lingerie model' in the occupation bit of all your official documents?
A lot of people just don't get how I can be up there posing half-naked in front of strangers, but I see it every day, and when you work with professionals, they do too. It's not like they see a naked girl or a woman in just lingerie.
We've seen some, er, fairly 'peppermint' magazines in German newsagents. Do you think it's a bit more liberal than the UK?
I don't think so! I've been to these Victoria's Secret shows in London and the vibe is just so different. So much more international, and the music is way better too.
Where's your favourite place to go in the UK?
This will sound weird, but the cinema. You get all the best movies before Germany! But I love your cities. I've been to Birmingham, Manchester and London.
So can you recommend a cool German city to visit for a killer weekend away? You're not allowed to say Berlin or Munich...
I would say Hamburg. It's so different to Berlin and Munich, and kind of brings together the best of both those cities but without being as busy. The downside is it's always raining because of the ocean.
We understand you have a bit of a musical sideline going on too?
I do. I love music. But the thing about Germany is that German people only love German music. I'm way more into R&B and hip-hop and loads of your English singers.
So will you be dropping any more singles soon?
Yes, I really want to. I've worked on a few tracks, but I have to feel really safe with them before they get released. So no release date until I've finished listening to it over and over again.
What about telly? Would you ever consider doing a British reality show to raise your profile here?
I don't watch television, but if the British shows are as bad as they are in Germany, I don't think so.
That's fair enough. How often do interviews with you normally last before someone mentions your German World Cup hero boyfriend?
Ha-ha! Well, most of them get me to warm to them and ask me nice questions, and then they'll be like, "So... blah blah blah!" But it's OK because I'm very proud of him and the whole Germany team.
Do you ever nick his World Cup medal and prance around the house in it?
Well, after they won, he just left it lying around with his dirty clothes, so I thought I'd have a bit of fun and make him think he'd lost it.
That's a very cruel prank...
Yeah. Thanks.
So what's the plan for the rest of 2015?
I've never been to New York or Miami, so I really want to go and have fun in the United States and release more of my music. I want to break America. Only a little bit, though, 'cos I quite like it. FHM

PHOTOGRAPHY: ROBA IMAGES/LICKERISH



"A LOT OF PEOPLE DON'T GET HOW I CAN BE UP THERE POSING HALF-NAKED IN FRONT OF STRANGERS, BUT I SEE IT EVERY DAY'

HOW I DID IT...

DAN HARDY, 32, UFC VETERAN AND COMMENTATOR







I've got a Maltipoo. Well, it's my wife's. It's a little poodle crossed with a Maltese. I'll admit it's not your stereotypical UFC fighter's dog.
I went through a phase as a kid where I wanted to be a velociraptor. There was another where I wanted to be a pirate, and another where I wanted to be a Teenage Mutant Ninja Turtle. The Turtles are the reason I got into martial arts. I was a big Michelangelo fan, but then I liked Raphael because he was the leader and seemed to have his shit together. He was my first hero.
Lego is my obsession. I've been getting it for every Christmas and birthday since I was old enough to put two blocks together. I've got 10 pirate ships, loads of fortresses, stacks of the stuff. I've just bought a limited-edition *Ghostbusters* car I'm super-excited about. I find it really meditative, sitting down for a few days after a fight and building a Millennium Falcon.
A fan sent me the *Back To The Future* car Lego kit. How amazing is that?
Japan is a weird place to fight. You fight in silence. The only thing you hear is a brief round of applause if you do anything good.
Go and give yoga a go. Honestly.
I spent two days packing bags at Iceland. Then I worked in the stock room of a shoe shop. I had to put away all the shoes people had tried on, so I stank of feet.
For a long time my mum struggled with me being inside the UFC octagon. That is, until she came to see how much effort and time I'd put into it, and what I was doing it for. I never asked my parents to come and see me fight because I was worried about their perception of the sport. I didn't want that distraction. They actually snuck in when they sat in the audience for the first time. I didn't know they were there. I was fighting for a world title and knocked the guy down in the third round to win. My dad stormed through the gate, past the bouncers and lifted me up. It was one of the best experiences of my career. From then on, they got it.
Mum and Dad had me when they were 17. They've always taught me to see everything right through to the finish line.
The reason for martial arts isn't to go out and be violent towards other people. It's to prevent people being violent towards you and people that can't defend themselves. You learn a respect for the ability.
The strangest place I've ever been recognised? At a tribal ceremony in the middle of the Peruvian rainforest.
Anyone can get knocked out. In the beginning I made the mistake of being all 'ego' about it and getting back in the gym a couple of days later. That's stupid. If you're concussed, you need to rest your brain. I've learned that the first step to recovery after a KO is reassuring yourself you're not going to get knocked out with every punch.
When I signed with the UFC there were 250 fighters in total. Now there are 250 in the lightweight category alone.
"I'm a being of light, if I will it, it will happen" is a phrase I repeat while meditating.
I got married at a drive-thru chapel in Vegas. You drive through big white gates into a tunnel with cherubs painted on the roof, and a guy leans out of a service hatch to read you your vows. We just didn't want any drama and it worked out pretty cool. And once, in Vegas, a guy at an In-N-Out Burger in Vegas made me sign his baby.
I've got a really old iPod that goes with me everywhere. I can never decide what I want to listen to, so my entire music collection has to come with me. I've been listening to a lot of *Mezzanine* by Massive Attack and *Sub Concious* by Phutureprimitive recently. Oh, and a band called Crosses, which is Chino Moreno from the Deftones' band.
I love being outdoors. I love the Peak District or being on the beach. If I can put my feet in the sea, all the better. If it's shitty weather, I'll watch the *Star Wars* trilogy, or build a pirate ship. It always comes back to Lego with me.
My brain starts working best after midnight. I'd be no good at a regular job.



PHOTOGRAPHY: STUART HENDRY

The big question

SHOULD I WATCH PORN WITH MY GIRLFRIEND?

Get it wrong and it could be your most embarrassing moment…



"Watching porn together expands your sexual repertoire, which is the key to a long-lasting, enjoyable sex life," says doctor of human sexuality Emily Morse, the host of hit podcast *Sex With Emily*. Add this to the fact that a staggering 96% of women surveyed by sex shop Ann Summers admitted they have watched porn with a partner and liked it, and you start to wonder just why us guys are so bloody terrified of asking our better halves if they want to watch a skin flick together. The pros say it's good for us. The ladies admit they love it. Why is it so easy to wuss out at the prospect of popping the dirty little question?

In short, it seems everything could go wrong. What if asking her makes us look like a pervert? What if she hates the idea? What if a ginormous red-faced growling porn star with abs like an egg box, going about his day job by sticking his business all over the place, makes us look like a sexual damp flannel?

Chill your beans. Imagine us as your guiding light, leading you to lady-friendly grumble-watching success. To ensure you're never left blushing and pleading with your other half to let you back in the house, we've enlisted the help of Summer, Jo and Lana, three beautiful friends of *FHM*, who hold the key to an awkward-free couple's porn party….

THE BURNING QUESTIONS:

How should I ask her?

JO: "The most important thing is to make sure your girlfriend doesn't think you're doing it because you don't think she's good enough. You've got to approach it as a bedroom experiment for you both, rather than you just getting your rocks off to porn stars."

LANA: "I've always been the one to initiate it actually. I just came out with it. It went down pretty well. So be confident that she'll be up for it. I am!"

What should I do if she asks what sort of porn I watch when she's not around?

SUMMER: "Girls know that their boyfriends watch porn, so it's really nothing to be embarrassed about. Most girls are doing it too, they're just super-secret about it. Being open in a relationship is the key. If you can't be open about sex, then you're gonna hit rock bottom real fast."

What sort of porn do girls like?

JO: "I personally watch lesbian porn. That's a good place to start."

LANA: "Same, all my friends say they do too. I just think porn guys are kinda ugly, I'd rather see two girls together. I don't want to be a lesbian, you just want to imagine yourself as a girl."

SUMMER: "Porn dick is just minging."



GUYS VS GIRLS

Reckon you've got similar bedroom tastes to your lady friend? Check out these five most visited categories on YouPorn before you hit play…

MALE

1. TEEN
2. MILF
3. MATURE
4. EBONY
5. ANAL

FEMALE

1. LESBIAN
2. GAY (MALE)
3. TEEN
4. FOR WOMEN
5. EBONY

Is watching anal totally out of the question?
SUMMER: "It's not out of the question, as long as he doesn't think it's as easy as it looks in porn…"
LANA: "Just because it happens in porn, doesn't mean it can happen in real life."
JO: "Porn can ruin sex if people think like that. Girls need to be warmed up when it comes to sex. For me, exciting is good, just don't go too far too fast."
What's the biggest mistake a man can make while he's watching it?
JO: "Having a wank by himself. Can you imagine?!"
LANA: "Just make sure you know she's there. Engage with her. Tell her what you like. I think watching anything too unreal and plastic is bad too. I like seeing real girls with real boobs in porn – it makes it feel more, well, real."
What if I don't like what she likes?
LANA: "Me and my ex had really different tastes in porn, but our sex life was amazing. Just because we liked to watch different stuff didn't mean our sex sucked. Sure, it's fun, but you don't *need* to watch porn to have great sex."
How will I know when to press pause and get on with the business?
SUMMER: "Why would you press pause? Keep it rolling in the background!"
LANA: "You could see who lasts the longest – you or the porn stars."
Should I finish with a facial in true porn-star style?
JO: "What's a facial?"
LANA: "It's when a man puts his love juice on your face and hair."
JO: "Oh. Yeah, that's not really such a massive deal if you're with your boyfriend. Obviously you don't want that every night. It's fine as long as you have a shower afterwards."
SUMMER: "Except when it gets in your eye."
LANA: "And only do it if you've got her there before you. Keep it fair."

PHOTOGRAPHY: CONOR SHEEHAN. MODELS: LANA AT GIRL MANAGEMENT, JO AT GIRL MANAGEMENT AND SUMMER AT IMM. HAIR AND MAKE UP: LILLY BENSON. STYLING: STEPHANIE KELLY. CLOTHING: TOPS: NEW LOOK, NEWLOOK.COM. SHORTS, AMERICAN APPAREL. AMERICANAPPAREL.CO.UK. KNICKERS, H&M. HM.COM

Entertain your brain

08 *must-dos for the month ahead*







01 Make tea for the crew of The Football's On

Sports TV















● Football in 2015 seems less and less a game between two teams, and more of an *Anchorman*-style studio gang fight between BT Sport, BBC and Sky, all tussling for the top TV rights and the finest commentary teams. Honestly, it feels like only a matter of time before Alan Shearer takes aim at Paul Scholes with a trident.

Now, the battle for Best Football Pundit Show is taking shape too, with BT Sport's new offering: *The Football's On*. It's hurled tactics out of the window and now relies on good old-fashioned celebrity comedy to win over the masses. We went down to the stuido to get the inside scoop on what it's all about, and to make a cup of tea or two for the cast.

01 DOC BROWN
Age: 36
Job: Regular contributor
Tea: White, one sugar
Any predictions for the rest of the season?
"Yeah, Wenger will buy the longest and most complicated coat of all time. It'll have too many zips, which he cannot fathom: he'll be unable to do it up properly and will end up catching hyperthermia, pitch-side. A player will come to revive him with the kiss of life, during which he'll find out he's been transfer listed and leaves him for dead. That's what I think, anyway."

02 IAN STONE
Age: 54
Job: Presenter
Tea: White, no sugar
Why should people tune in to *The Football's On*?
"Not for football punditry. In fact, we are the antithesis of Gary Neville. We have nothing to say about tactics. But we do know funny, and that's what is important. It's the best football chat show by miles. We also have a great chemistry on set because I've known my guests for years – we're all mates. People who don't like cars tune into *Top Gear* because they like the relationship between the presenters. It's the same for us: even non-football fans can enjoy our show."

03 DAVE GORMAN
Age: 43
Job: "I have no idea."
Tea: White
How would you change the beautiful game?
"Divers should be punished by being sin binned for 10 minutes. The sub clause of the sin bin is that any player is then subject to random paternity tests, and checks to make sure they have no outstanding court orders against them. The thinking being, unless they start behaving on the pitch their off-pitch shenanigans will be exposed live on TV."

Watch The Football's On *hosted by Ian Stone on BT Sport, Fridays at 10pm*



02

War games

Choose a side in the FPS battlefield

With COD *getting insanely futuristic lately, is it time for* Battlefield*'s real street-level approach in new game* Hardline *to take the FPS shooter crown? Here's five things that are sure to make it a blinder…*

Laters, army sergeant. Hey there, cops and criminals…

Forget *Call Of Duty*. *Battlefield*'s now taking ventured into *Grand Theft Auto* territory. Chucked in the middle of a Miami drugs war, it's just like cops and robbers on the playground – only this time, the guns and explosions are real, not made from bananas and crushed up Polos.

Tanks, but no tanks

Granted, tearing round in a chunky APC was one of the best things about previous *Battlefield* games, but the war zone is now an urban jungle. Expect to zip about on motorbikes, gun-toting buggies and, if you insist, a massive bloody helicopter.

Make off like a bandit

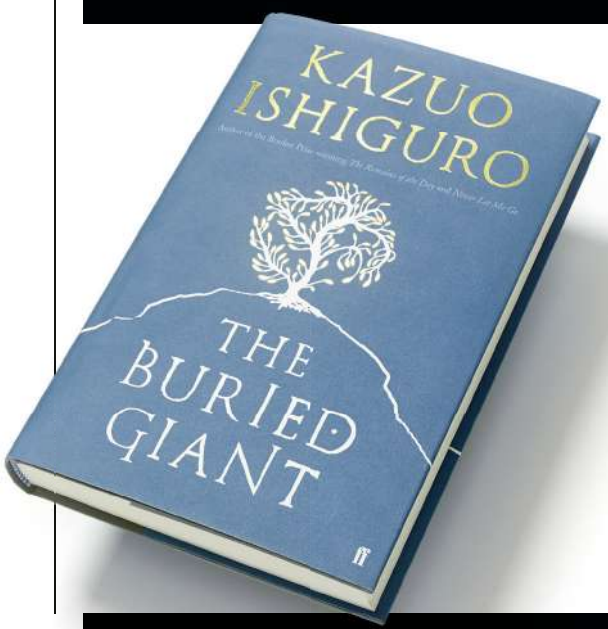
With seven multiplayer modes to choose from – including strategic car chasing in Hotwire and 64-player strong Conquest – you won't get bored in a hurry. Our favourite brand-new challenge is Heist, where you'll either loot a bank vault or protect it (depending which side of the law you're on).

Blow a hole in the side of the city

The dynamic environment from *Battlefield 4* is back with a crumbly vengeance, allowing cinematic take-downs of walls, cranes, or entire buildings, should you feel particularly destructive.

Taser! Taser!

There's a load of new guns and gadgets to unlock, and use to interrogate and/or electrocute your enemies. Playing good cop? Expect to spend more dollars than if you were a dirty criminal.



03

Food guide

Dig out the buried giant

"Lost memories, love, revenge and war." As themes for a novel go, every man can relate to Kazuo Ishiguro's new book. Centred around a couple's quest to find their son in war-torn medieval times – complete with dragons, ogres and giants – it's like *Finding Nemo* meets *Game of Thrones*. Yeah, sounds epic, doesn't it. So much so, that it's set to be the literature event of 2015, mainly because it's taken the *The Remains Of The Day* writer a decade to finish it. Why so long? Because Ishiguro's missus told him the first draft was crap. Four Booker Prize nominations, one win and an OBE – it all means squat if your novel fails the wife test.



Brie is back, and we Camembert it

04

Girl crush

Kiss the internet for bringing back Alison Brie

When American telly giants NBC dropped the guillotine on truly amazing sitcom *Community* for good last May, at first we were angry. Then we were sad. Eventually, we made our peace with the Gods of TV, accepting their decision to take from us the unhinged Spanish teacher, the beautiful bromance between an all-star jock and a role-playing genius nerd, the womanising silver-tongued narcissist and the school mascot that looks like a dream-haunting serial killer in a white morphsuit that made it so great. What still feels fresh, though, is the loss of the overachieving, library loving, often-sinister-but-always-sexy Annie Edison. It just didn't seem fair.

But in a twist far and above any spectacular TV show ending, the internet has ridden in on a white horse to save the day. *Community*, and more importantly, Alison Brie's fist-bitingly awesome girl geek, lives again, via Yahoo's streaming service from 17 March. If there was any reason to love the web even more, this is it. Here's hoping that this resurrection is more of the awesome miracle Jesus kind, rather than the crawl-out-the-grave-all-gnarly-and-stinky zombie apocalypse that you really want to beat with a stick.



01

Infinitely better than the Take Me To Your Dealer poster



02

06

Ace movies

Meet the man behind these iconic film posters

His felt tips have inked the faces of Harry Potter, Marty McFly, Darth Vader and Indiana Jones. Now, you can see how Drew Struzan, the most influential movie poster artist on the planet, works his magic in a new documentary called Drew: The Master Behind The Poster. *Here, the legend himself to give the story of some of his finest works…*

01 THE THING (1982)
"I got a call one day and they said they needed a poster overnight. The studio said, 'Remember that movie from the '50s, *The Thing*?'. I said, 'Yeah'. They said, 'That's it'. That's all they gave me. I didn't have a story or a monster. I had to make something out of nothing."

02 BACK TO THE FUTURE (1985)
"This was one of those grand experiences you wish your life could be filled with. I was lucky enough to have that kind of experience now and again. But that was one of the sweet ones. And it lead to a neat series of posters, too."

03 THE GOONIES (1985)
"That poster concept was given to me sketched on a napkin by an art director. I remember it being a very tough poster to do from a design sense. To get the proportions of all seven of those kids dangling, hanging from one another all in a row…"

04 STAR WARS EPISODE 1: THE PHANTOM MENACE (1999)
"My poster artwork was used for the film, unchanged in every country, in every language all around the world at the same time. So the whole world was seeing my artwork all at once. That is the first time that had ever happened and it likely became the most seen piece of art, ever."

05 THE MUPPET MOVIE (1979)
"After I did that first Muppet movie poster Jim Henson told me I paint the Muppets the way he feels about them. When I paint them, they look like they are alive and breathing for Jim. So after that I got a lot of work from him, essentially becoming the official Muppet artist."

06 INDIANA JONES AND THE TEMPLE OF DOOM (1984)
"I did one comp for that. They loved it and said, 'Paint it'. So I got to paint that poster without any interference from anyone. After that, they said from now on, 'That's Indy. That is the look'."

Drew: The Man Behind The Poster is out now on DVD and VOD

LIKE WHAT YOU SEE? TURN TO P32 FOR OUR MOVIE POSTER BONANZA...



03



04



05



06

07

Alpine games

Fun up some frosty sports

This month is filled with icy world competitions, from curling to speed skating to skiing. Yet, you might not know about them as they don't get the mainstream TV love they deserve. Here's how we'd spice them up to make them a little more telly friendly…

Alpine skiing needs…
WHACK-A-MOLE
Instead of flags, athletes must navigate a network of animatronic woodland creatures primed to pounce out like Pop-Up Pirates. Athletes are armed with giant comedy mallets to keep them at bay as they bomb past at 130km/h.

Curling needs…
ROOMBA VACUUM CLEANERS
As competitors go ape with their brooms, a series of sentient Roombas are released onto the curling sheet to jazz things up a touch. Will the Roomba help or hinder your stone? Ooooh! Aaah! Gasp! Shit!

Bobsleigh needs…
BONUS SECRET LEVELS
What competing teams aren't told as they hurtle 150 km/h down an icy luge is that secret slides can open up at any point if triggered by one lucky competition winner. Who knows where the track will end or who will survive?!

Ski jumping needs…
A DEATH SNITCH
A golden ball is fitted to a drone, which is only operated once the jumper takes off. Catching the 'snitch' results in a bonus cash prize, with the drone's fail camera capturing horrific accidents. LOL!




TOPMAN

08

One to watch

Take a comedy pilgrimage with Nick Helm



If you've seen this face before, chances are it's while it's been screaming directly into yours. Possibly at one of his shouty live shows. Or while defending the honour of bookworm Suzie Dent on 8 Out Of 10 Cats. *We gave Nick Helm, award-winning comedian and star of BBC Three's comedy-sitcom-done-right* Uncle, *an early morning wake-up call to get to know him…*

Nick, you don't strike us as the kind of guy that would have Michael Bublé as his Twitter profile picture, and yet…

Someone once told me I was shit at a gig, and thought that it was because I wasn't particularly mainstream. So I chose to use a picture of the most mainstream man I could think of, and one that represents everything that's wrong with the world. I had to spend Christmas with my family, and we listened to three Michael Bublé albums on repeat. You just think, "Fucking hell, there's got to be a better way to live than this". So if you like Michael Bublé, you won't like me.

Seems fair. What's the best review you've read about yourself?

Someone came up to me after a gig and said it was like being on the Saw ride at Thorpe Park. I thought that was a nice way of putting it.

Because it's fun, but equally frightening?

And because you're happy to be alive when you step out of it.

You're a big rock music fan. If you could roadie for any band in the world, who would it be and why?

Alice Cooper because he is the best.

Uh huh… have you met him before?

I have! I went to his gig, and my mate somehow got two AAA passes for it. You never meet your heroes, but I went back and it was exactly like *Wayne's World*. When I met him, he put his arm around me. I told him that he and Bruce Campbell were my heroes, and he told me a story about him. I had to say, "Sorry, I totally forgot to listen." He was really unimpressed. I was just freaking out. It was awful. I'm an idiot.

What sort of person are you at a rock show? A stand-at-the-back nodder or an all-out windmilling mosher?

I retired from the moshpit quite early. I went to see a Soulwax, Muse and Bush gig back in 1999 when I had my ear pierced, and a guy crowd-surfed over me and ripped the earring out. Blood everywhere. It was brilliant, but then it went septic.

You won 'Best Breakthrough' at the British Comedy Awards last year. If there was one award you could invent to give out, what would it be and who'd win it?

The Matt Berry Award For Excellence. He can have it every year. I felt bad that I won my award when he didn't. He looked pissed off.

Is he a hero? Or a friend?

I don't know him. My heroes are Steve Martin, Jack Dee, Stewart Lee and Steve Coogan. Coogan across the board though. His 1998 show, *The Man Who Thinks He's It,* is the best live show ever made. And *The Tony Ferrino Phenomenon* is the best hour of telly ever.

Where can we find the best comedy right now?

The thing is, if you find yourself in London and go out on any weekday night to a comedy club, I'd say you're 75% guaranteed a great night. You can't gauge what's good and not good based on what the telly feeds you. Nothing beats just going out and seeing stand up. There's amazing comedy everywhere, every single night. My favourite is 'Always Be Comedy' in Kennington, London. It's flawless.

Catch Uncle *on BBC Three every Tuesday at 10pm*


RIVER ISLAND
#IMWEARINGRI



WHY A LITTLE BULLSHIT DOES YOU GOOD
(WHEN IT COMES TO ELECTIONS)

It's almost time for us to go and decide who runs the country. So why is it that we should ignore the six o' clock news and pay attention to the ad break instead?

It was in 1979 that someone realised that the sort of men who made ads for cars, fags, beer and fabric conditioner might be just as good at making ads for politicians. Margaret Thatcher hired Saatchi & Saatchi to help her get elected and they immediately started playing fast and loose with the facts to make her party, the Conservatives, seem more exciting and sexy than they actually were. One of their first posters boldly stated that every single Labour government had increased tax, while every single Conservative government had cut tax. Even the head of the Conservative Party's research department deemed that a bit of an iffy generalisation, telling Saatchi ad exec Tim Bell, "That's not entirely true." Bell waved

away his concern, telling him, "Well, it is almost true."

And in the complicated and mostly dull world of politics and elections, something that's almost true is often all you can hope for. Politics is boring and politicians are mostly dickheads, yes, but voting matters and advertising is often the only thing capable of cutting through all the crap, popularising the debates and offering legitimate voting guidance to those of us who have got better things to do than read mind-numbing manifestos or watch *Newsnight* more than once a month.

Dissatisfaction with politicians is at its highest level in 70 years. A 2014 poll by the University Of Southampton asked: 'Do you think British politicians are out merely for themselves, their party or to do the best for their country?' Only 10% believed that they wanted what was best for the country.

This disillusionment is why a growing number of people don't vote any more [Fig. 1]. In 2010, at the last general election, only 65% of the electorate could be bothered getting out to the polling station and putting a cross in a box. That's just 65% of the people who are actually registered to vote, not 65% of the population. The Electoral Commission reckons there are 6 million people who are allowed to vote but aren't even registered. What this means is that only a tiny percentage of people in the country actually vote for the party who get into power. Just over 36% of voters chose David Cameron at the last election. And he's been the one making all the big decisions that affect everything from how much tax we pay to the price of a pint of beer for the past five years. Put it this way, you could open the window right now, throw a rock out of it into a busy street outside and you'd be statistically unlikely to hit anyone who voted Tory in 2010.

For once, there is a real choice at this year's elections. They might sometimes look and sound the same, but the two main parties really are offering radically different policies this time round. Labour want to take more control of rail and energy companies, increase taxes for the rich and cut spending by £7 billion. The Conservatives want to keep taxes for the rich as they are, give more freedom to big private businesses and cut spending by £33 billion. That, by anyone's maths, is a pretty contrasting set of proposals.

So how do you decide which side you prefer? There are the leaders, of course. But how can you choose between an up-market estate agent and a man who can't eat a bacon sandwich without lapsing into a seizure? You can't. It's the broad sweep of a party's values that matter. How will they react when the shit hits the fan? What kind of principles will inform their decisions in the moments that matter? And how close are those principles to your own? More than manifesto pledges (which are invariably forgotten the day after the election anyway), more than long-winded political speeches (designed, most of the time, to purposefully leave ordinary people baffled) and certainly more than a leader's bacon-sandwich-eating capabilities, political advertising offers the best indication of which party you share the most common ground with.

Politicians like to talk at length in incomprehensible jargon in the hope that nobody will concentrate for long enough to pick them up on any of it. Ad people are bolder than that – they try to hit us between the eyes with bite-size messages that are extremely precise in their meaning. "I stuck a wig on William Hague in 2001 and it was a more powerful message than any 10,000-word article could ever be," said Labour ad man Trevor Beattie about his iconic 'Wiggy' poster [Fig. 2]. And he was right. The poster wasn't just succinct and funny, it had a very clear meaning: it said that the Tory party might have a different leader but what it stood for remained the same. How would you rather exercise your democratic rights? By reading 10,000 words of tedious waffle in a newspaper or looking at a picture of a posh man in a lady's wig? Exactly.

Of course, the details and facts used by admen don't always stand up to much scrutiny. In 1992, the Conservatives ran what is considered to be one of the most successful poster campaigns in history. It depicted something called 'Labour's Tax Bombshell' and warned that the average voter would pay an extra £1,250 per year in tax if Labour were elected. Was the figure accurate? Absolutely not. But did it accurately reflect the fact that Labour were more likely to raise taxes than the Tories? Absolutely yes. So it made people's decisions that much easier: if you wanted to pay less tax, voting Conservative was probably the best idea. It certainly saved millions of UK voters the chore of actually speaking to an accountant or wading through the minutiae of Labour's spending plans. Advertising provides political crib notes for the busy man. It is to politics what Pot Noodles are to cuisine: frowned upon by snobs but appreciated by those in the know as convenient nourishment for young men in a hurry.

Google this year's party election posters [Fig. 3] and you will get an immediate and clear impression of what each side is offering: the Tories want to spend less, tax less and balance the books; Labour believe that economic recovery can be balanced with investment in the NHS and other public services. All you have to do is decide which idea you like best. Because if you don't vote, you're letting other people choose who's in charge of your country. And, as you know, other people are all idiots.

Sam's book, Mad Men & Bad Men: What Happened When British Politics Met Advertising, *(£14.99, Faber & Faber) is out now*



Fig.1
If it was up to this guy no one would vote *at all.*



Fig.2
William Hague has a history of turning up with crap things on his head. As well as this, in 1997 he was snapped wearing a baseball cap emblazoned with his name while riding a log flume. It was credited with destroying any chance he had of getting elected.



Fig.3
This "road to recovery" – depicted in the Tory Party's 2015 election poster – turned out to actually be in Germany. *Doh.*

PHOTOGRAPHY: REX, SHUTTERSTOCK

THE BEST BIG-SCREEN SCREEN PRINTS

Every man's home needs a slice of cinematic brilliance



LOOK AT ALL YOUR SHIT

Guns and aliens and weed and unicorns and last month's cover model/*Spring Breakers* star Ashley Benson in a bikini? It's enough to confuse your trousers beyond all recognition.
Spring Breakers, £45, printclublondon.com



PROTECT YOUR FAMILY

This print will help you remember the good times, when Nic Cage was at his crazy best, and before *Ghost Rider 2* ruined everything.
Raising Arizona, £40, printclublondon.com



WORK LESS, PLAY MORE

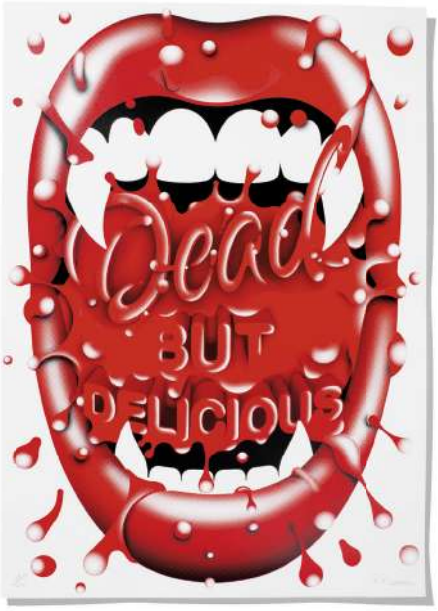
London duo Crispin Finn have created a series of these can-you-tell-what-it-is? prints that includes *Jaws*, *American Psycho*, *The Big Lebowski* and this.
The Shining, £75, soma.gallery



BECOME A BIG DEAL

If we have to name the smartly dressed, Baxter-walking newscaster behind this 'tache, you need to sort your DVD collection out. Quickly.
Anchorman 2, £60, printclublondon.com



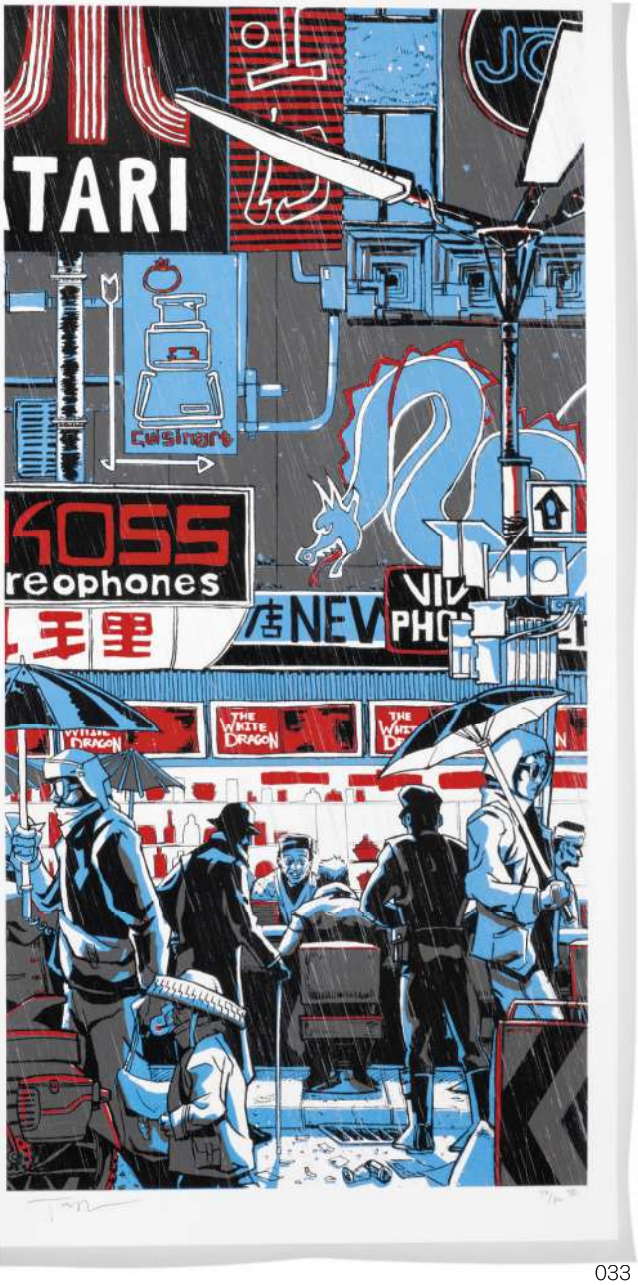


BITE INTO THIS

This celebrates the New Zealand B-movie vampire mockumentary horror comedy of 2014. It was a hotly contested category.
What We Do In The Shadows, £45, printclublondon.com

GET LOST IN TIME

If you don't shed a tear at Rutger Hauer's soliloquy at the end of Blade Runner, you're not human.
White Dragon (Blade Runner), £35, thefloodgallery.com



CHANNEL A HELLRAISER

"You never met a pair like Butch and The Kid" reads the poster for this classic. *Butch Cassidy And The Sundance Kid, £40, printclublondon.com*



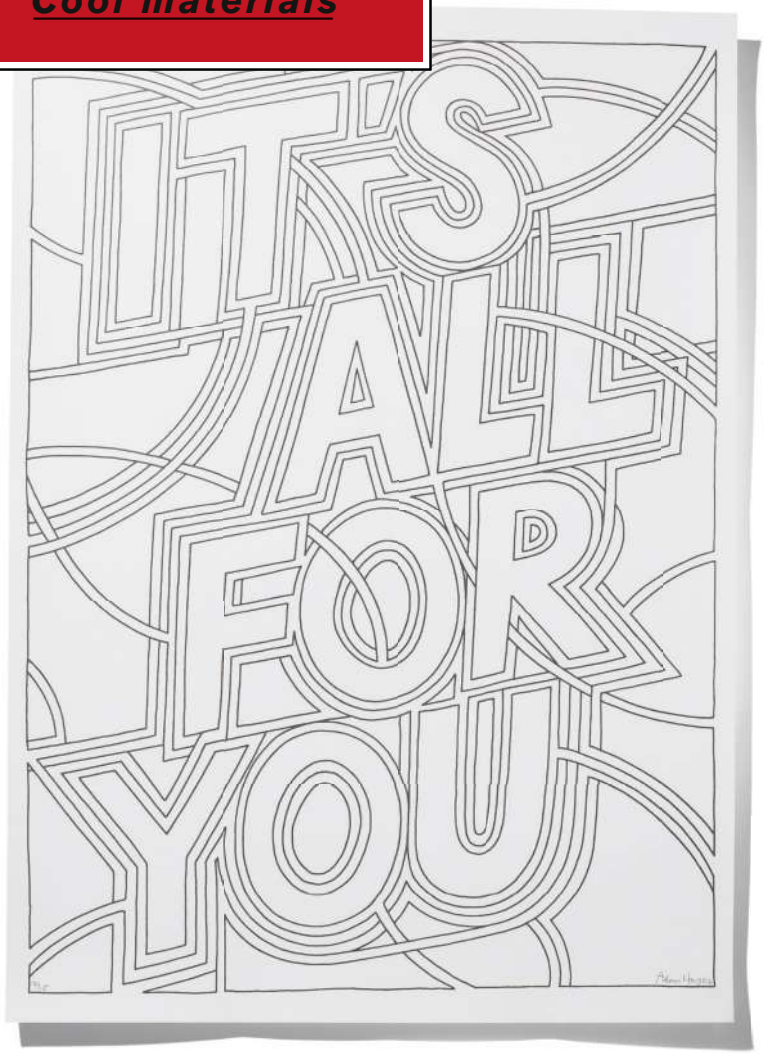


WALK WITH US

Alright, this *Twin Peaks* print only qualifies for a place in a film poster feature because of a dodgy 1992 film spin-off, but we love it enough to bend the rules.
The Owls Are Not What They Seem, £30, thefloodgallery.com

PHOTOGRAPHY: ROWAN FEE

Cool materials



DEAL WITH THE DEVIL
Who knew the final words of satanic Damien's young nanny in *The Omen* could look so pretty?
It's All For You, £60, soma.gallery

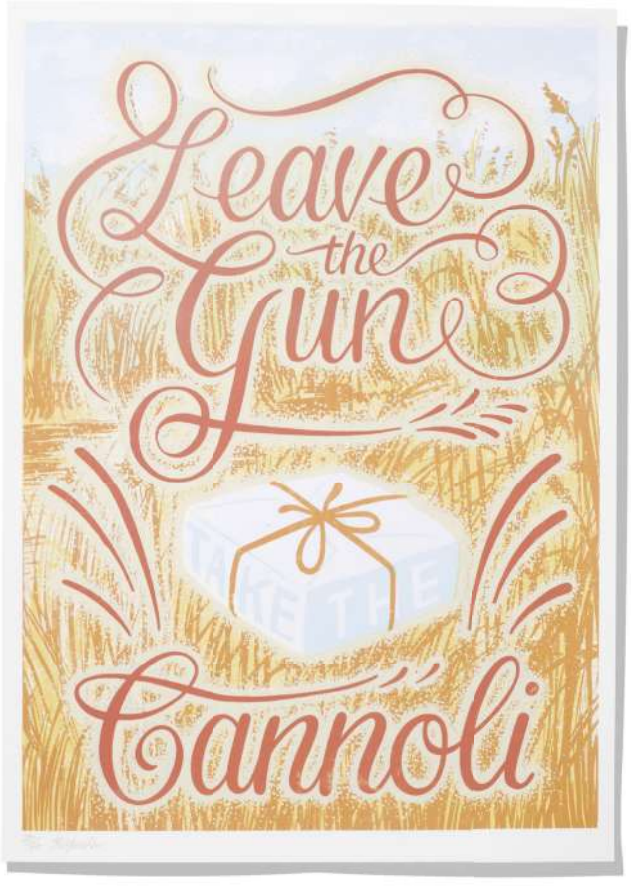


RIDE INTO THE WEST
If Clint Eastwood turned up at your house and you *didn't* have this on your wall, he'd absolutely fucking destroy you. Better not risk it.
A Fistful Of Dollars, £45, printclublondon.com





USE THE FORCE
Yet further proof that geek is cool in 2015.
That's No Moon, £70, soma.gallery



PAY YOUR DEBTS
Was two better than one? Quit your bickering and get this *Godfather* quote hung up, capiche?
The Godfather, £40, printclublondon.com



TOPPLE TERRORISM

He's graced the pages of *FHM* with his zombies, action heroes and creepy Robin Thicke. Now Sam Taylor's penmanship can sex up your walls, too.
Die Hard, £10, samtaylor.tictail.com



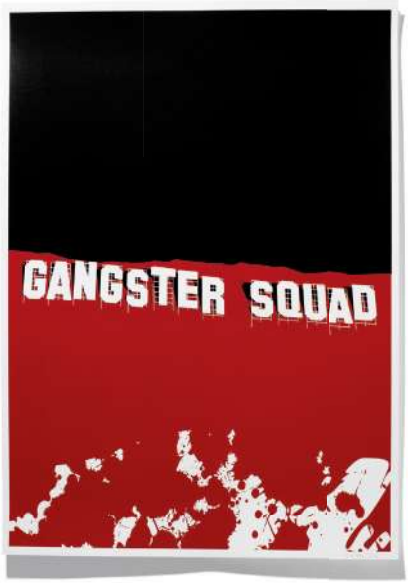
THROW AN UPPERCUT

This bloody awesome must-watch man-film needs a bloody awesome must-own alt poster. And Joshua Budich's artwork nails it.
Raging Bull, £35, thefloodgallery.com



CALL THE BAT

Turn Seal's *Kiss From A Rose* all the way up to 11 and just stare at this for the full *Batman* experience.
Time To Kill The Bus Driver (Batman), £35, thefloodgallery.com



SOLVE A CRIME

A perfect, bloody addition to your no-girls-allowed Man Room.
Gangster Squad, £60, printclublondon.com



PARLER EN FRANCAIS

Pass yourself off as a French cinema boffin with this when you bring a date home. Just remember to keep your *You've Been Framed* boxset hidden.
FIN III, £95, thecalmgallery.com

Tell FHM

THE MOST COLD

FHM hits the icy slopes of Morzine to see how



Al, 35, Edinburgh, civil engineer

"I pushed a friend off the top of a bunk bed because I didn't want to play with him any more. He broke his arm."



Benjamin, 41, Newcastle, Australia, journalist

"I was set up on a blind date. I walked into the restaurant, saw her and legged it. I heard she stayed for an hour."



Connor, 18, Dubai, snowboard instructor

"My sister lost my favourite hat, so I took £40-worth of her make-up and flushed it down the toilet."



Chris, 41, Brighton, director

"I kick my cat through the catflap if he vomits. I wouldn't say he fears me, but he definitely has a healthy respect."



Jack, 23, London, pro ski bum

"I filled my brother's ski boots up with snow. I still do it now actually, and he's in the British ski team."



Cyrral, 28, Paris, bartender

"I shit on my girlfriend." [*Please note: This means 'cheated on' in France*]



Georgia, 34, Edinburgh, office worker

"A guy kept boasting how great he was in bed, but ended up having a pinky dick. I made him leave the next day."



Dom, 19, Surrey, unemployed

"I stole my best mate's girlfriend. He reacted by smashing up a wardrobe. We're still friends."



Hanna, 33, Cardiff, midwife

"When I was in nursery, I bit another kid and blamed it on one of my friends. It was the perfect crime."



Harry, 22, Bristol, works in ski chalet

"I once tie-dyed the ears of a rabbit."



Eran, 42, Israel, engineer

"At high school, we made a massive banner for the sports team. It took ages. I stole it, and I still have it."



Rob, 35, Brighton, police officer

"We hated this teacher at school. One day she left the room, so I emptied a can of hairspray in her sandwich."

-HEARTED YOU'VE BEEN

bitter and twisted humans can be...



Jay, 39, Shrewsbury, careworker

"A guy screwed me over after I forged a certificate to get him into America. I called the organisation and got him sent back home."



Peter, 25, Cheshire, UN worker

"Me and some friends stole a mate's front door and hid it in some bushes. He was pretty confused. And cold."



Jean, 22, Besançon, estate agent

"I cheated on my girlfriend with her best friend. In fairness, she'd cheated on me. I was after revenge."



Maybell, 23, London, journalist

"I didn't want to speak to a charity worker so I put on a foreign accent and pretended not to understand."



John, 30, Brighton, marketing CEO

"After a gig, my mate, who's in a wheelchair, got himself locked in a car park. I left him there overnight."



Jenny, 34, Cambridge, account manager

"When I was 15 I got my brother beaten up by a gang of kids at school because he was such a nerd."



Katherine, 28, Washington, digital editor

"A friend who has English as a third language confuses the word 'penalised' with 'penetrated'. I never correct her."



Rob, 22, Cumbria, head chef

"I made a kitchen porter a smoothie and slipped some Viagra in it. That was an embarrassing night for him."



Maria, 27, Denmark, social worker

"I made my little sister eat a worm. I told her that if she didn't, she'd have to clean my room for a month."



Tom, 33, Telford, commodity trader

"Through hard work and dedication, I fooled my mate into thinking he was being followed by MI5."



Tijna, 31, Canada, UN worker

"I convinced my little sister she was adopted. My parents went along with it. I think there's some resentment there."



Lea, 28, Denmark, nurse

"When I was younger I stole a LOT of money from my parents. I can't even remember what I spent it on."

WORDS: NICK POPE. PHOTOGRAPHY: SAM CLIFFORD-HARDING. FHM STAYED AT THE ACE RUDE LODGE, WHICH OPENED IN JANUARY. PRICES START AT £289PP. FIND OUT MORE INFORMATION AT RUDECHALETS.COM

New style

CATCH ON TO FISHERMAN STEEZ

Channel your inner salty seadog to beat the April showers in style…

You don't fuck with a deep-sea fisherman. Just to survive his day job, he has the mental stamina to last weeks on end surrounded by stinking shipmates, and the brute strength to wrestle 70-foot octopuses from the bow of his vessel with just his calloused and gnarled mitts.

And then there's his clobber – a pick of hardy, survival-grade clothing that will withstand sweat, seawater and the never-ending battery of waves without so much as fraying at the seams. When you put it that way, it's little surprise that the wardrobe of the salty seadog has made its transition to us landlubbers to become our most wanted trend of the season.

In fact, it's the perfect storm: a triple threat of an on-trend basic chunky sweater, a classic staple streetwear beanie, and a massively in-demand Scandinavian mac as slick as an oil spill. Together, it's a look that'll protect you from the elements come hell, high water, or a library-sized white whale with a score to settle.

JACKET, £200, STUTTERHEIM AT OKINI.COM. BOOTS, £229, REDWING AT OFFICE.CO.UK. JEANS, £99, EDWIN-EUROPE.EU. HAT, £18, AMERICANAPPAREL.CO.UK. JUMPER, £99, PERIGUINCLOTHING.CO.UK

LAND A WHOPPER

You've got the look, now reel in a fishy with one of these four lures…



Catch a carp
These foam creepy-crawlies look just like a carp's favourite dish, plus a hook to snag 'em



Battle a bass
A big fish like a bass deserves a worthy opponent, and this little 'jerk' will give it a run for its money



Pull in a pike
The realistic action of this little swimmer sends river-going predators totally bonkers.



Pick up a perch
Adjust the lip on this 'joined sinking wobbler' to drop your lure right in front of your greedy target's eyes.

PHOTOGRAPHY: MARCO VITTUR MODEL: DOMENICO AT MOT



Illustration: R.E. Wilkinson

Get a head start in the career game and earn while you learn with an apprenticeship in your dream profession

Whether you're into business or baking, finance or fashion, the latest generation of apprenticeships could be your fast track to success. Think you already know everything there is to know about them? Think again.

At any one time, there are up to 25,000 exciting apprenticeships available online in England at workplaces as diverse as Google, Sky, Toyota, IBM and ASOS. And here's the best bit: apprentices get to earn money and do interesting work while gaining useful skills and real qualifications – even full degrees.

Studying at university or heading into full-time work isn't the only route to a successful career. Apprenticeships can help you become a dentist, a fashion buyer, an airline pilot or a journalist. In fact, 90% of apprentices stay in work at the end of their apprenticeship – and a quarter bag promotions within 12 months of finishing. Apprenticeships are one of the most exciting trends of 2015 and, with handy resources available online, it's easy to discover your perfect career. To help you get in and go far, *FHM* brings you all the information and inspirational stories you need to kick-start your journey to the top.

Turn over for more great advice >>

SOUND ADVICE FROM FHM

No matter what career you want, every little bit of advice helps. Here are some pearls of wisdom from the editorial team…

"Make the most of every opportunity throughout your education. You'll never have the access to those kind of facilities, equipment and time again."

WILL JACK,
Art director

"University isn't the only way to go. Apprenticeships are perfect for people who want to learn on the job and get paid for their work. And, they don't leave you in masses of debt!"

EMMA KING,
Production editor

"Don't go to university unless you're ready and motivated. You may be best off getting work experience, travelling a bit – then going to uni if you're genuinely yearning for learning, not hoping it's a shoe-in for a job or career."

JOE BARNES,
Editor

"Start interning as soon as you can."

ALEX KELLY,
Picture editor

"If you do go to university, don't wait halfway through your second year to start doing work experience. The earlier you start, the better…"

ELIZABETH ATKIN,
Web editor

"Your decision to not go to university was totally fine. You can survive – and be successful – in the big bad world without a degree."

DAISY DEANE,
Fashion editor

"GCSEs and A levels aren't everything. Do the best you can, but don't get stressed about them."

JAMIE INGLIS,
Deputy art editor

"Dream big."

CARLOTTA CONSTANT
Deputy fashion editor

MEET NATHAN



NATHAN YOUD
Age: 20
From: Salford
Job: Junior account executive

"As a social media apprentice at Tangerine PR, a public relations company in Manchester, I get to work with sites like Twitter, Facebook and Instagram to help promote high profile clients.

My friends joke that I get paid to have fun but there is real skill and science behind what we do. My work involves helping brands enhance their image, planning media strategies and organising promotions. Last year, I got to work on location at a really cool series of obstacle races around the country. I even did it myself, which was brilliant fun.

"I found out about this role when I went onto the apprenticeship's website and saw an advert for the Juice Academy – a cool scheme managed by Tangerine PR. At the Juice Academy, lots of young people who are passionate about social media attend a 'boot camp' where they get selected for apprenticeships by representatives of big companies. You do challenges like creating a Vine (short video) clip to show your creative side and 'speed dating' with different employers. At the end, if your interests and skills match those sought by one of the companies, you can be offered an apprenticeship. It feels a bit like an episode of *The X Factor*.

"It is brilliant to do paid work for big companies and to learn from colleagues who have so much real-life experience. As an apprentice, I also get to study for a certificate in social media and digital marketing so I gain top qualifications, too. Before my apprenticeship I was doing a journalism course at university but I wasn't learning as much as I wanted to. This apprenticeship has turned my life around. It's given me the education and professional experience to set me apart from others."

MEET THOMAS



THOMAS SOWDEN
Age: 22
From: Bodmin
Job: Trainee master baker

"The most rewarding thing about being an apprentice master baker at the Chough Bakery in Padstow, Cornwall, is seeing local customers and tourists enjoying all the tasty stuff I've made. I bake Cornish pasties, millionaire shortbreads, Victoria sponge cakes and different types of bread like focaccia and walnut loaves. It's really creative work and you know your products will make people smile. My family and friends always want me to bake stuff at home now too.

"I used to work as a trainee chef but I was amazed when I found out how many apprentice schemes were available. The scheme at the Chough Bakery has been fantastic. I learn by doing real work and it means I get to study in college for my qualification, which is a level 4 apprenticeship from the Worshipful Company Of Bakers. Sounds good, doesn't it? Lots of bakeries around the country do similar schemes.

"I love doing my apprenticeship at a friendly family bakery. This place is more than 30 years old and the team are great. There is Elaine, the owner; Nathan, one of the bakers who serves as my mentor; and David, my college lecturer who arranges a lot of my training. We work hard but always have fun.

"I always get to do new things, from making different types of bread to icing cakes. We even won a bakery competition which was brilliant. This apprenticeship has been fantastic and I definitely recommend people look out for similar schemes. I enjoy every minute of my work and training, but I know that what I'm learning could even help me start my own bakery one day."

SOCIAL ETIQUETTE

Improve your online profile without looking dull by harnessing these smart tips from industry experts

Blog your way to the top.
"Setting up a blog about the area you want to work in shows you're committed and proactive," says branding expert Jon Lipsey of Emote Media. Sites like WordPress and Blogger enable you to display your knowledge but also show off your individual personality. "Posts don't have to be long but update it every two weeks or it looks like you've lost interest."

Update your online CV.
"Sign up to professional social networks like LinkedIn because they serve as your ongoing, online CV," suggests social media expert Nathan Youd of Tangerine PR. "Companies and recruitment bodies use them all the time so it will help your career. Whenever you gain an achievement or new experience, add it on there so people know how you're progressing."

Refresh your image
"Your social media accounts are your shop window," explains Jon. "Think hard about the pictures you upload because employers may do a quick Facebook or Instagram search to find out more about you." Make sure your photos reveal your hobbies and interests – not just your nights out. "You are allowed to have a life but a profile picture of you drinking beers in a bin won't help your image."

Tweet like a pro.
Dodging Twitter doesn't make you look more professional – far from it. "Don't avoid Twitter or switch your account to private because it is defeating the point of social media which can be a great tool for building your image," advises Nathan. "Just be sensible about what you write. You are your own brand so show yourself at your best."

Make your opinions count.
Sharing your opinions on message boards and comment boxes shows you are really independent and confident but offensive statements will haunt you. "Don't erase your personality but smarten up your thoughts," says Jon. And never get into ugly debates. "If you get in a slagging match with online trolls, both sides end up looking bad."



WIN

For your chance to win a social media workshop and a laptop go to **gothinkbig.co.uk/apprenticeships**

LOOK THE PART

Possibly the hardest bit of preparing for an interview is knowing what to wear. Just remember: dress for the job you want...



A jacket is a must for impressing a potential boss

A QUALITY WHITE SHIRT DRESSES UP AN OUTFIT, MAKING YOU LOOK SHARP AND SMART



Jeans are OK for media and creative industries, but if you're interviewing elsewhere, go for reliable black trousers



(CLOCKWISE FROM TOP)
LONDON UNDERCOVER UMBRELLA, £60, MRPORTER.COM.
WATCH, £140, UNIFORMWARES.COM.
WHITE SHIRT, £80,OLIVER SPENCER.
GREY JACKET, £55, PETER WERTH.
VINTAGE TIES, £10-£25, ROKIT.
BLACK BAG, £195, MRPORTER.COM.
JEANS, £110, EDWIN JEANS.
WINGTIPS, £220, GRENSON SHOES

STYLE AND SUCCESS

Make a big impression at every interview, meeting or workshop by following these appearance-boosting tips and tricks…

HOW TO LOOK SMART AND STYLISH

If you're hunting an office-based apprenticeship it is possible to dress smartly without sacrificing your style. "Choose a well-fitted navy suit, a white shirt, brown leather shoes and a fashionable slim tie," says grooming blogger Chris Beastall of Ape to Gentleman. "Far from being boring, this combo reveals your attention to detail but shows enough individual style to prove you're comfortable being yourself."

HOW TO BE CASUAL BUT NOT MESSY

Some industries like media and PR have really casual dress codes but there is a trick to getting it right. "Even if your attire is relaxed it should still be well thought out," advises Chris. "Tone down the seriousness but maintain your professionalism with a pair of brown brogues, some dark jeans, a slim-fit shirt and a grey blazer. It suggests you have your own style but are still smart enough to bring results."

HOW TO GROOM YOURSELF FOR GLORY

If you are attending professional meetings or interviews, save the smells and stubble for the weekend, advises Chris. "Despite the trend for beards, they can look untidy, so being clean-shaven is a must during any selection process. And don't wear too much fragrance – no employer wants their nostrils overpowered by your favourite Saturday night fragrance."

HOW TO GET A WINNING HAIRCUT

Thinking about upgrading your hair style? There is one classic look that is guaranteed to create the right mix of style and seriousness. "Go for an inoffensive short back and sides, but keep the hair longer on top," says Chris. "It reveals your organised nature but shows you're up-to-date with current trends. Use a matte-finish styling product so your hair looks neat but not like you're trying hard to impress."

MEET ALEX



ALEX HUNT
Age: 21
From: Kent
Job: Research and development apprentice

"When I first read about the apprenticeship in chemistry research and development at Unilever – a huge company that makes products like Lynx deodorant and Magnum ice cream – it was so good, I thought it must be a joke. During my five-year scheme, I get to divide my time between working for the company as a paid professional and studying part-time for a degree fully funded by Unilever. I get the best of both worlds.

"During the week, I work at Unilever's research centre in Colworth, Bedfordshire, analysing the performance and safety of products like Sure deodorants. It's fascinating stuff. I get to train alongside world experts and I love seeing products in the supermarket that I know I've been involved with. It's also rewarding to be a paid professional. Some of my friends are in debt but I am already saving for a house deposit and enjoy a few holidays.

"On Tuesdays I also study for my degree in chemistry at the University of Greenwich. Unilever pays for my course, as well as my hotel, travel and books. It's reassuring to know I'm getting a top qualification, and at the end of my apprenticeship I am guaranteed a job so I won't have to hunt around. My apprenticeship gives me an amazing work-life balance. We have a nine-hole golf course on site, as well as rugby, gym and cricket facilities so I get to do plenty of sport – just like if I'd gone to university. This is also the research centre for brands like Ben & Jerry's so my girlfriend is happy when I'm given free ice cream.

"When I was applying for university back in 2012, I had no idea about apprenticeships. I thought they were just for manual professions like electricians and plumbers. But now I know they're available at big companies, too. It's brilliant to earn while you learn and I feel like I'm really going places."

WANT TO EARN WHILE YOU LEARN?

Apprenticeship is one of the biggest buzzwords of 2015, with over 800,000 people earning and learning each year. And now, you could be one of them…

With National Apprenticeship Week kicking off from Monday 9 March to Friday 13 March, this is the perfect time to find out how you could pick up skills, qualifications and earn good money at the same time.

Going to university isn't the only way to reach the top of the career ladder. Some of the fastest-moving companies in the country – such as MTV, Jaguar Land Rover, IBM and Google – offer amazing apprenticeship opportunities. Apprenticeships can cover everything from software development to sculpting, crime scene photography to chocolate-making, and airline pilot training to accountancy. The impact of getting on one of the schemes can be massive: 90% of apprentices stay in work after their course has ended, and people who complete an intermediate apprenticeship normally earn £48k-£74k more over their lifetime than individuals with comparable qualifications. In fact, with over 240,000 different workplaces employing apprentices, the hardest part might be choosing which one to go for.

That's why National Apprenticeship Week can help, by serving up a host of useful events at schools and industries to showcase what opportunities might be right for you. You can discover schemes like GoThinkBig, which is a collaboration between O2 and Bauer Media (the creators of magazines like *Kerrang!*, *FHM* and *Q*). GoThinkBig provides an online hub packed with work experience opportunities, useful CV tools and insights from professionals who know what they're on about. There are GoThinkBig events in London (9 March), Birmingham (17 March), Leeds (19 March), and Manchester (20 March). Log on to **gothinkbig.co.uk/apprenticeships** for more information and the chance to win an ultimate apprenticeship starter pack, including an ASUS T200 laptop and a haircut from Toni & Guy.

Apprenticeships
GET IN. GO FAR

GO THINK BIG .CO.UK

FHM HERO



Stay

Weird

They've kept comedy bonkers for a quarter of a century with man-sized drummer babies, handbags… and *that* dove. *FHM* talks getting girls, copycat comedians and chainsaw-wielding drug dealers with Britain's most far-out funnymen

Words Oscar Rickett
Photography Fred MacGregor
Grooming Laura Dexter



FHM HERO

Bob Mortimer is talking about the first time he ever went "inside the mind of an idiot"

It was when, as a boy growing up in Middlesbrough, he read *The Catcher In The Rye*. JD Salinger's peculiar protagonist, Holden Caulfield, spoke to the young Bob (not literally) and the book gave him the idea that maybe not all reading was boring. Years later, as a solicitor in his mid-twenties, he was happily sucked into the mind of an idiot once more.

In a tiny room at the top of a south London pub called the Goldsmiths Tavern, Bob witnessed a character called Tappy Lappy perform what was loosely supposed to be a tap-dance act. "He was on stage with a fucking mask on, with planks tied to his feet. I laughed me fucking head off," Bob remembers.

"It was two masks – two masks of [rock star] Bryan Ferry," corrects the performer, Jim Moir, better known by his stage name, Vic Reeves. After the show, the two men, not yet acquainted, had a few drinks. What was said has been lost in the mists of time, but based on the evidence from our time spent with the twosome, it was likely a whole load of sweary, absurdist weirdness. Whatever it was, though, they hit it off. In fact, they hit it off to such a degree that a week later, Bob was on stage too. "A lot of them were solicitor-based," Vic says of Bob's early sketches. You've got to write what you know.

Ever since that night almost 30 years ago, Vic and Bob have been doing things their own way. From *Vic Reeves Big Night Out* to *The Smell of Reeves And Mortimer* and *Shooting Stars*, they have brought their wildly inventive comedy into the mainstream, planting a bomb of exploding clowns in the heart of British television. They are almost unique in their ability to take what seems, on the surface, to be very strange humour and turn it into something truly popular. They are neither Stewart Lee, performing cleverly to a chin-stroking theatre, nor Michael McIntyre, performing excitedly to an open-mouthed stadium.

They have never strayed from their comedic and artistic vision, while continuing to produce shows – the latest of which, *House Of Fools*, sees the duo applying their conceptual silliness to the sitcom format. It's a surreal, playful, anarchic and satirical ride, full of broad slapstick and imagination. In other words, it's Vic and Bob.

Sitting together in a warehouse studio on the edges of east London, they tell *FHM* that, while their characters live together in *House Of Fools*, it's never happened on the other side of the screen. If they did, Bob says, they'd "watch lots of telly and Vic would do the cooking", even though Bob, the youngest of his siblings, was taught well by his mother, a cook, who showed him how to do exotic things like press ox tongue. "She worked for the Ministry of Food during the war teaching people how to make their rations go further, and that's what our food at home felt like. It was pies but with not much filling," Bob remembers. Vic was brought up in a "bohemian, arty atmosphere". His outfit reflects it. He has a raffish dark-red and grey beard, which, together with his cord jacket, waistcoat, chain, jeans and flowing multi-coloured scarf, gives the impression of a hip lecturer who knows his way around a bottle of wine. Bob, on the other hand, looks more widowed physics teacher. He's not interested in his appearance, but he has a "highbrow excuse" for this. He says there's an Ancient Greek philosopher who claimed that "worrying about your clothing was a waste of time". Bob can't remember his name but knows that it begins with an E. (Diligent post-interview Googling suggests that it is probably the Stoic philosopher Epictetus, who wrote, "Do not admire your clothes, and you will not be angry with the thief.")

During Bob's first years in London, thieves were the least of his worries. Jobbing for the council and frequenting a local homeless shelter, he met all manner of surreal characters, many of whom would feel right at home in one of the duo's fiercely bonkers sketches.

"There was one lad who was alright. He was a drug dealer and his weapon of choice was a chainsaw. Perfectly decent bloke," he says. "Perfectly decent without his chainsaw," Vic clarifies, before asking if Bob ever wielded the weapon. "Well, he'd start it up. But I mean no-one's going to have a go at you when you've got a chainsaw," Bob replies.

"When Bob lived in Camberwell in a council flat," Vic says of his partner's place post-homeless shelter, "he had a big hole in his bedroom wall that led into the toilet. I wouldn't live like that," he deadpans.

In the '80s, after they'd come to the capital, neither Vic nor Bob had any aspiration to make money out of comedy. In fact, Bob had barely thought about

"No-one's going to have a go at you when you have a chainsaw"



FHM HERO



performing at all until that night of masks and tap-dancing at the Goldsmiths Tavern. "In those days, you didn't want to be in a band because you wanted to be famous," Vic says. "You did it because you wanted to make some noise and get girls. It was the same with comedy. No-one was on the comedy circuit to make money. It was just like, if you can make your friends laugh, you've won."

At this point, careerism was the last thing on their slightly strange minds. "The truth is, we could drink till 2ish and quite a lot of pretty birds would come from Goldsmiths," Bob says of their early performances in that pub. "That's what it's really all about. It's young men preening and they do it in different ways," Vic says. "Our preening was: 'Look at us arsing around.' We got a classier kind of girl. They were interesting. The other lads who go to the nightclub and do the dancing and put the scent on, that's not for us…"

But while they weren't dancing with the scented lads, they weren't part of the fashionably edgy alternative comedy movement either – the people standing on stage, tearing Maggie and her Conservative government a new a-hole for 90 minutes.

"We were separate from everything. We were abominations in our own realm… We were in our own land that we dwelt in – and still do," Vic says. Aside from each other, they didn't have any friends doing the same thing. "They probably didn't want to know us," Vic says of his fellow comedians. "When we started off doing comedy, it was the alternative crowd and they were doing anti-Thatcher poems and I didn't like any of that stuff," he adds. Bob says, "I still, to this day, can't laugh at a remark because it's clever or because it shows that somebody's remembered something."

"We were abominations in our own realm"

"Who's reading this?" Bob says to the writers, photographers and make-up artists on set today as he holds up a tattered copy of *A Confederacy Of Dunces*, John Kennedy Toole's '60s classic about a fat, farting, deerstalker-wearing idiot. "This is fucking funny, this is," he says. Soon after, he's ordering us to read Jerome K Jerome's *Three Men In A Boat*, too. He's recently picked it up again and was surprised by how sharp and funny it still is. Instead of books, Vic is happiest when submerging himself in downbeat, grim British film from the '40s, '50s and '60s, and is inspired by celebrated gloomy filmmaker Mike Leigh.

When we ask why they're not wrapped up in modern comedy, both agree that the problem isn't a lack of good ideas, but that commissioners and programme makers have become too concerned with making money and too afraid of taking risks. They look at the panel shows that fill television schedules and see monstrously banal versions of the format *Shooting Stars* so brilliantly messed with. "It's as if they think,

'That's worked on *Shooting Stars*, let's take that and dilute it and make it a little bit more acceptable to the masses,'" Vic says of programme makers' ideas about panel shows. "No one really understood what we were doing, so we were allowed to do what we wanted." What they wanted, it turned out, was drumming men dressed as babies, nonsense catchphrases and *that* dove, which has descended from above since 1993. "We didn't even have scripts half the time. We used to keep them back from anyone in charge. Nowadays there's no way you'd get away with that. But, because we've been around for so long, we can to a certain extent. If you're new, you can't."

Now celebrating 25 years of TV stardom, it's damn impressive to learn that the duo have never really fought. "It's so light what we're doing," says Bob. "It's Mr Wobbly Hand or Mulligan and O'Hare, so disputes about where that should go would be a bit mad. It's something open. Jim [Vic] says an idea, I say an idea… we're just waiting for one that's right." Watching them together, their friendship is easy to see. Bob says that while "me and Jim [Vic] have probably done every night out it's possible to have done during our crazy times", they don't paint the town red much any more – not because they aren't friends but because both of them stay in. "I go out twice a year," Bob says, and Vic concurs. "Although I am going for a night out on Thursday. It was my wedding anniversary and I cleared off to Bristol on the day itself, so I felt obliged to take her out. This is how romantic it gets: she's getting taken to The Ivy by her agent on Thursday so she told me to come along."

Bob is whistling into an apple. Vic, an artist in his own right, draws him. Bob keeps on moving his arms, so Vic gives him extra ones that sprout out of his back and flop over his front, making him look like a teapot. When the roles are reversed, Vic, who sits on a box, legs akimbo, lets his multi-coloured scarf snake down his front. Bob turns it into some kind of swan penis, signs the drawing "Diamond Pete" with a full stop and marks up the price of his masterpiece: £8. Vic comes over, asks Bob what he should call him and off they go, spending their time just as they've spent much of the past three decades, riffing away, sending each other into hysterics. Even when they're not cracking each other up, there's a silent camaraderie between them. They stand side by side like penguins. Bob looks up at Vic. There's a wisecrack, and then they're back up on a couple of white boxes, poised and ready to jump at each other, committed to the lark. **FHM**

Vic and Bob's House of Fools *is on Mondays at 10pm on BBC Two.* House Of Fools *Series 1 is out now on DVD*

Vic Reeves presents

How to draw a horse

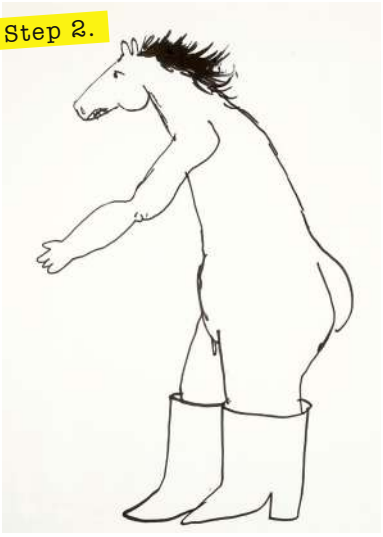
The Saatchi Gallery-exhibited artist gives a crash course on penning the perfect steed

Step 1.



"First, decide if you want your horse rearing up or on all fours. Then start with the head. It's a long shape, and remember the big pouch. A nice shaggy mane is a must, too."

Step 2.



"Do you want your horse to have hooves or hands? Today, we're doing hands. Big, giant hands with arms. He also needs a pair of big hardy boots."

Step 3.



"All horses have tails and they're very easy to draw. Just a few lines behind it will suffice."

Step 4.



"This horse needs a tool to help him pull up drains – like he works for Dyno-Rod or Rentokil. Add a bit of dribble to make him look furious and you're there."

See Vic and Bob's full artwork at **fhm.com**

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PROMOTION

WHERE GIRLS GO TO PLAY

FHM DATING *SINGLE GIRLS*

There are currently thousands of amazing woman near you, looking for the exact same thing: love, no-strings fun and everything in-between.



Join now at FHM.com/singlegirls



Check out **youtube.com/FHM** for simple How To videos on ways to drink your whisky, and how not to make a perfect ice ball…

THE LAND OF THE RISING DRAM

All of a sudden, everyone's gone crazy for Japanese whisky…

Scotland, we've had some great times together, and you've been there when we've needed you most. It's just Japan can offer something you can't. Japan has the planet's finest whisky and, *sigh*, we've been getting together behind your back. Please don't be angry.

In our defence, we're not alone in ditching a classic Highland dram in favour of an East Asian snifter. Since Yamazaki's Single Malt Sherry Cask 2013 beat off thousands of other competitors to claim the title of 2015's world's best (and leaving Scottish-born spirits out of the top five for the first time), it's easy to see why lovers of the 'water of life' have changed their allegiances. Pretty amazing for a country who've only been making the stuff for 100 years, versus Scotland's half a millennium.

But if you're keen to sniff out Yamazaki's award-winner, prepare to fork out the big bucks: around £100 to be exact. "Look out for the names Suntory and Nikka instead," says Fabiano Latham, bar manager at Chotto Matte, which has an incredible range. "Suntory produce Yamazaki, but also Hakushu and Hibiki, and Nikka are the geniuses that produce many amazing single malts. These are the distilleries from the original masters of Japanese whisky – Torii and Taketsuru. These guys know what they're doing."

HOW TO DRINK JAPANESE WHISKY

Now you've got it, what to do with it? Well, one or all of these…

Straight on the rock
OK, ice cubes will do, but for the real Japanese deal, one hand-carved fist-sized ice sphere in your glass will keep your spirit chilled for longer.

With soda water
A Japanese classic, this sounds strange but tastes amazing and super-refreshing. Add a sprig of mint for the full effect.

Old-fashioned
Replace your go-to whisky with a Japanese single malt and just a dash of a peaty Scotch for a killer classic with a modern twist.

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THE NO-MESSING

FRYING-PAN PIZZA

Take Domino's off speed dial: here's a new path to instant cheesy gratification

DJ BBQ SAYS...

"If I had my way, I'd wear pizza like a warming poncho. I'd bathe in its molten cheesiness. I'd introduce its name into the English vocabulary to mean 'rad, awesome, brilliant' and use it in everyday conversation. 'Hey, DJ BBQ, how was your weekend?' "Man, it was fucking pizza! The weather was pizza!" I'm an inch away from shedding a tiny tear as I write this, thinking about a pizzaless world.

"Luckily, that can never happen. With this recipe, pizza is always right around the corner with this assemble-on-the-hob circle of radonkulousness. OK, so you've gotta plan ahead a bit to get the fresh dough ready, but that's the hard part. After that, you're seconds from greatness on a plate. These are my favourite toppings, but you know the score: do what the hell you wanna do. Just show me your creation on Instagram by using the #FHMManFood hashtag."

THE RECIPE

Preparation time
Overnight for the dough, 15 mins cooking

Ingredients

FOR THE DOUGH
450g room temperature water
1 sachet of fast-action yeast
500g plain flour
200g strong white flour
2tsp fine sea salt
2tbsp honey
Olive oil
100g semolina (to scatter in pan)

FOR THE SAUCE BASE
1 chopped onion
Salt
1 crushed garlic clove
1 tin of passata or chopped tomatoes
1 tsp of dried oregano
Freshly chopped basil
Pepper
A heavy-based frying pan/skillet

FOR THE TOPPINGS
Grated mozzarella
1 crushed garlic clove
Olives
A handful of sliced mushrooms
1 chopped onion
Sliced pepperoni



01

Mix the dough ingredients in a bowl, turn it out onto a floured surface and knead until smooth. Place in a bowl, cover with a damp tea towel and allow to rise until it doubles in size.





02

Now you need to 'knock it back' by folding it in on itself repeatedly. There's enough dough here for stacks of pizzas, so divide into palm-sized balls and allow it to prove again.



03

For the tomato sauce, fry the onion in oil for a couple of minutes, but do not brown. Add the salt and garlic for a minute, then the tomatoes, oregano, basil and pepper for 10 minutes. Now, whack on the grill.



SHOW US YOUR MANFOOD!
#FHMManFood



04

Use your hands or a rolling pin to mould your dough into a round. Sprinkle semolina on the base of the medium heat pan, then place in your dough. Add a spoon of tomato sauce and your toppings until the base is golden. Grill until cooked through.

PHOTOGRAPHY: JAMES BYRNE. FOOD STYLING: MARTA WOWNICK

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THE BLUEBEARDS REVENGE
THE ULTIMATE SHAVING EXPERIENCE FOR REAL MEN

This month's challenger...

STEPHEN GRAHAM

Does the guy who played Al Capone have the cojones to pass the manliest test on Earth?

01 Have you ever made growling noises at yourself in the mirror?
Um, I do when I'm eating, or when I'm just about to fall asleep. Y'know, when you close your eyes, then as you're about to drop off, you make a grunting sound? That's me.
Bloke ✓

02 Have you ever fired a gun?
Loads of times. On film sets and on a range. I fired a multi-round cannon thing when I was Al Capone. I've got a great picture of me with a cigar firing the thing.
Bloke ✓

03 What's your favourite smell?
I like petrol. And fire, when you've just lit it in your house. A fresh fire smell does it for me.
Bloke ✓

04 Have you ever had a really successful DIY session?
That's a tricky one, let me ask the missus. [Asks his wife.] She says absolutely not. I'm the Frank Spencer of DIY. I'm shit.
Not bloke ✗

05 Have you ever shaved a part of your body other than your face?
Yep, my sack when I went to get the snip. I shaved my own knackers, thank you very much. I wasn't going to have a doctor do it. I suppose that's a good DIY session, isn't it?
Bloke ✓

06 Have you ever rescued an animal?
I strapped a lollipop stick to the wing of a little blackbird that'd fallen out of its nest. I nursed it back to life and fed it Weetabix and worms. After three weeks, it just flew away.
Bloke ✓

07 Have you ever let a girl put make-up on you?
My daughter has. She's painted my toenails too.
Bloke ✓

08 What's the biggest sandwich you've made?
Probably loads of chicken, cheese, mayonnaise and brown bread. I grill up a chicken breast and use it to make a massive chicken sandwich. Although a fish-finger sandwich can be lovely. Homemade bread, tomato sauce, fish fingers, wallop. That's the one.
Bloke ✓

09 What's the last film that scared you?
Kill List. I had to turn all the lights on when I went to bed. I didn't think it was a horror film, then right at the end it freaked me right out. Neil Maskell is so amazing in it.
Bloke ✓

10 Have you ever shotgunned a can of beer?
I've never been a beer drinker. When I was 12, me and a few mates stole a crate of beer from my uncle's party and I drank about 10 cans. I was sick as a dog. I've not enjoyed it since.
Not bloke ✗

11 Have you ever been fraped, or fraped someone?
You mean on Facebook? I'm a bit of a Neanderthal when it comes to all of that. I think it's fucking ridiculous. Who wants to know when I'm going to the gym? What you telling me for, you daft twat?
Bloke ✓

12 Do you ever spend time talking to animals?
Little Billy the dog, I do. Not like he's a baby, just like he's a little geezer. My little mate with four legs and a lot of hair.
Bloke ✓

13 How do you behave at a barbecue?
I'm renowned for throwing a barbecue at my house, then slipping out and making my brother-in-law do it for me. I'll have a beer or play footy with the kids, but I'm useless at the grill. I bought the booze, the food, the premises, so you can do the cooking.
Not bloke ✗

14 What do you have on your toast?
Dairylea.
Not bloke ✗

15 Have you ever ordered a Cosmopolitan?
There's this new one we've been drinking recently called Tom Collins. You get absolutely wrecked off them. It's gin and a bit of egg. I've not figured out how to make it, but I will. I like espresso martinis too.
Bloke ✓

11/15

Something can't be right here. Only 11? We'd bought a confetti cannon and a bottle of cheap cava to celebrate a sure-fire 15/15. Unbelievable.

Stephen stars in Hyena, out in cinemas on 6 March

FEELING SILKY SMOOTH...

Got one of those manly man beards? Or are you a smooth faced kind of guy? Ensure a less irritating shave with this Bluebeards pre-shave oil. It's ideal for heavy beards and sensitive skin.



BLUEBEARDS-REVENGE.CO.UK

WORDS: NICK POPE. PHOTOGRAPHY: NEIL BEDFORD

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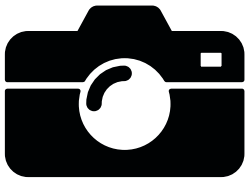
And don't miss the Greatest Year in Movie History: The Avengers: Age of Ultron, Jurassic World, Bond 24 and the small matter of Star Wars Episode VII. These are the biggest events in 2015 entertainment and Empire will bring you the first look and last word on every movie and TV show that matters. It remains, in a word, essential. Claim your free copy today.

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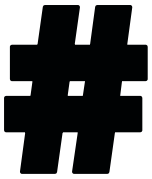
01

SEE FOOD



02

TAKE PHOTO



03

TAG

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04

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CAN ANYONE BECOME A WORLD-FAMOUS DJ?

FHM hooks up with BBC Radio 1's Danny Howard and discovers if the whole disc-jockey malarkey really *is* as hard as all that…

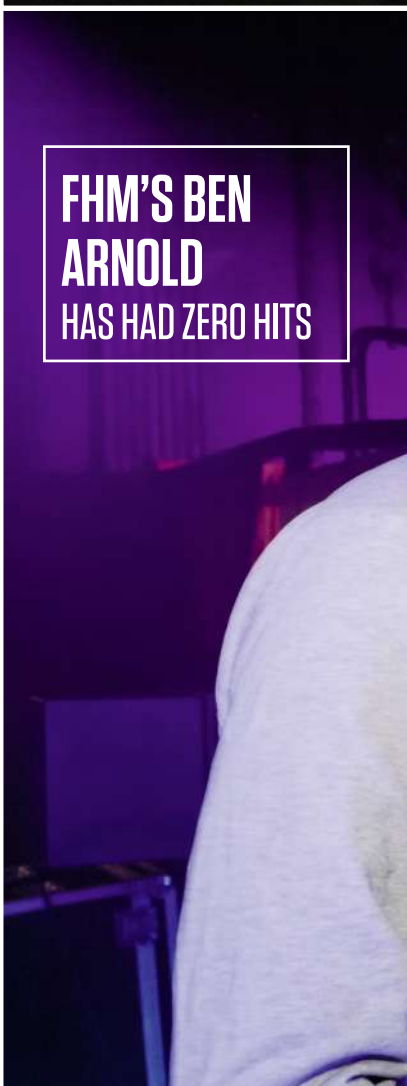
Words: Ben Arnold **Photography:** Claire Wood



DJ PHILIP GEORGE
DEBUT SINGLE REACHED NUMBER 2 IN THE CHARTS



DJ DANNY HOWARD
1 PRIME-TIME RADIO 1 SHOW
DOZENS OF FESTIVAL ROCKED
COUNTLESS DEVOTED FANS



FHM'S BEN ARNOLD
HAS HAD ZERO HITS





It's Saturday night in Hull. Though it's not even 10pm, there's a queue snaking down the street from the front door of the Funktion club. An icy wind whips off the North Sea, but there's scarcely a coat in sight. They're made of tough stuff up here. Tonight, Radio 1's very own superstar DJ Danny Howard is kicking off the first date in his Nothing Else Matters tour, and it's sold out. He's bringing along a host of up-and-coming talent with him over the tour's 11 nationwide dates, but the opening act tonight? That would be us. And we're absolutely bricking it.

Danny's kindly letting us play as the doors open and more than a thousand of Hull's best-dressed flood into the converted theatre venue, all to give us a taste of what DJing really involves. After all, you're just playing other people's records, right? How hard can it be? You just press 'play', wave your hands in the air, then collect a massive fee at the end.

We're not joking about the fee. Last year, *Billboard* magazine estimated that the dance music business is worth over £4 billion worldwide. It was also the year that Dumfries-born DJ and producer Calvin Harris made £43 million, coming top in business magazine *Forbes*' richest DJ list. He earned more than Jay-Z, and left competition like Avicii and David Guetta in the dust (they earned a paltry £18 million and £16.8 million by comparison).

This massive increase in revenue is down to one thing; the US. Where hip hop once ruled the pop charts in the States, now the four-to-the-floor beat of electronic dance music – or EDM, as they call it across the pond – is the undisputed king. "The US was resistant and suspicious of dance music for years," says Ben Murphy, editor of *DJ Magazine*. "But once it started to become properly popular, around 2010, its potential was spotted by investors and corporations. They invested in it and promoted it and that has thrust it even further into the mainstream.

"In Las Vegas it's almost become as important a revenue stream as gambling. Clubs charge large amounts for bottle service, and it is a place where opulence is the norm and money is no object. The fees of DJs have risen in parallel to the huge amounts the casinos, clubs, promoters and managers are making from dance music. Festivals in the US have become a massively lucrative market, too. It all adds up to a whole lot of dough."

Yet, despite the eye-watering sums of money sloshing around, there are plenty of people who think that DJing – even at the higher echelons where hundreds of thousands of pounds are paid for a single set – is money for old rope. Advances in technology mean that where DJs used to wrestle with a pair of Technics decks, they can now automatically sync songs together on digital turntables or a laptop, making it much easier to seamlessly merge one track into the other. They don't even have to lug records around anymore; instead, they can just plug in a USB stick filled with thousands of tunes. Are DJs really not much more than walking playlists these days? We're about to find out.

IN THE RUN-UP TO OUR HULL DEBUT, WE SPEAK TO UK DJ DOORLY WHO GIVES US A PEP TALK. He's played alongside everyone from Fatboy Slim to Basement Jaxx, in front of thousands at clubs and festivals, so we're hoping he can tell us what we're in for. "Warming up is the most difficult job of the night," he says, instantly filling us with fear. "For promoters it's the most trusted position. A crappy warm up can ruin the night for the headliner if they don't get a vibe going, or if they start playing big records.

"The important thing is to be well-researched. Find out what the headliner plays. You shouldn't be playing big records that are in the charts. Ideally, it'll be stuff no one's heard of. You need to find that sweet spot."

Anything else he can help us with? "Have a couple of drinks," he advises. "You're in a nightclub! If you're the only sober guy in »

ADDITIONAL PHOTOGRAPHY: ALAMY, SHUTTERSTOCK



the room, you're just not going to get it. You should never be drunk, or anywhere near drunk, but just be in the party spirit. That first beer glow. Still with all your motor functions. And look like you're having fun. That's infectious."

After Danny finishes his Saturday night Radio 1 show at 7pm, he heads straight up to Hull for the gig. When he arrives, we meet up at his hotel and talk about what has been a pretty meteoric rise. Since a trip to Cream in Liverpool aged 17 (he's 27 now) where he was blown away by a set from New York DJ Erick Morillo, he's been fixated on house music. A mate had bought some decks but abandoned them after not being able to work out how to mix. Danny borrowed them instead, and taught himself to mix records the old-school way. There was no syncing option back then, just hours and hours of practice. Once he'd cracked the skill of beat-matching, he was hooked, playing absolutely anywhere he could, from birthday parties to warm-up slots in empty bars around his hometown of Blackpool.

"It was never about the glamour," he says. "It was always about the music. The satisfaction of being able to control the music, give people an experience. DJing isn't about you, it's all about them. You can practice as much as you want in your bedroom but you'll never learn to read a crowd until you get out there and do it."

"HOW HARD CAN IT BE? YOU JUST PRESS 'PLAY', WAVE YOUR HANDS IN THE AIR"

Though he was studying for a career in sports psychology in Liverpool, he was persuaded by his friends and family to enter Radio 1's Superstar DJ competition in 2011. Reaching the finals with a mix he'd sent in, he completed a series of on-air challenges, and won the public vote. His prize was to play to 5,000 people at the glamorous Ushuaïa club over the station's annual Ibiza Weekend. It could well have stopped there, but a few months later he was offered his own Saturday evening show. For a lad from Blackpool who'd grown up listening to Radio 1 legend Pete Tong every single weekend, it was hard to believe what was happening.

"Fifteen years, I'd listened to Pete Tong's Radio 1 show. Even when I talk to him now, I still think, 'Oh my god, it's Pete Tong'. The weirdest thing for me was when I've covered his show, which I've done a few times now. It was never on my 'list' of things to do, because it is such an unrealistic target. To be doing it now is crazy."

Radio 1 controller Ben Cooper has no doubt that Danny's success is nothing to do with luck. "Danny has the potential to be as big as Pete Tong," he tells *FHM*. "I remember very clearly listening to the competition on the Chris Moyles breakfast show, hearing him getting the mix spot on. He had a mix of credibility and playing to the mainstream. I just thought, 'He's got it'. When we offered him his own show, he was gobsmacked. Total disbelief. The trappings of the DJ lifestyle might be there, but in terms of who he is as a person, he's still totally down to earth. Still true to playing and finding the best music. He's still the same guy he was that weekend that he won his prize. But we won the prize really, because we found Danny."

WE ASK DANNY IF NEW TECHNOLOGY MEANS THAT ANYONE COULD MAKE A HALF-DECENT DJ? He says it's all a misconception. "You still need to know the fundamentals of mixing," he says. "Beat-matching, knowing how two records fit together, how musical bars works. But the most important thing is the music you play, and when you play it. Give people the highs and lows. Anyone



BEN SHOOTS THE BREEZE WITH DANNY AND PHILIP





EXPLAINING THE INS AND OUTS OF THREE CDJ2000 DECKS







THIS MAN WAS RESPONSIBLE FOR LOADS OF CROWD-SURFING



can go out and play bangers. That's not what the job is. Tune selection is the key thing anyone who wants to be a DJ needs to know. Just because you have a laptop and software, it doesn't make you a DJ.

"If I go to a club and I know every tune that's playing, that's boring. I want to go to a club and think, 'Shit, what was that tune?' With the radio show, I'll play one for the audience, then one that I reckon they will want to hear but just don't know it yet."

So, now it's our turn to taste either the glory of success or inhale the rotten stench of failure. Danny briefs us on which buttons do what, which faders bring in which turntables and how to cue up the tracks. This isn't two decks and mixer. There are three Pioneer CDJ2000 decks and a mixer with a baffling number of faders, buttons, dials, sound effects. It's like being in charge of a small, incredibly loud spaceship. Veteran promoter Terry Spamer, who runs the long-running Club Déjà Vu, which Danny has taken over this evening, is eyeing us suspiciously too, lest we somehow manage to knacker his Funktion One sound system. These things can cost £25,000. What you quickly appreciate is the mind-crushing pressure: there are people in front of you expecting music – they've paid for it – and if there's silence, you're the most useless tool in the room. That is not acceptable.

The trickiest bit is working out how to cue up the track, and then when to let it go so it'll fit perfectly with the one that's already coming out of the system. Once the tracks are working together, there's a whole row of equaliser dials that need attention, splitting the track into treble, mid-range and bass, which all helps to stop the two tracks clashing. But working out which track is which is insanely difficult. And all of this has to be done before your track runs out, giving it all a terrifying jeopardy, as the music races towards silence, leaving you with a club full of people looking at you like you've just ruined their night.

"NOW IT'S OUR TURN TO TASTE EITHER SUCCESS OR INHALE THE ROTTEN STENCH OF FAILURE"

THE FIRST MIX GOES OK. There's no obvious silence, and no one stops dancing. That's pretty much all we could have asked for. Programming a further two hours of music to keep what is clearly a clued up and voracious crowd happy is a challenge we're not quite ready for.

Once our short set is up, our nerves are shot and we're gagging for Philip George to take over, the young producer from Nottingham who up until a few months ago was folding jumpers in a branch of Next. His track, the Stevie Wonder-sampling *Wish You Were Mine*, was spotted after he uploaded it to SoundCloud, and after being signed up and released, it reached number two in the charts. He embodies how quickly you can be a bedroom producer one minute and a superstar the next. When he drops the track everyone's waiting for, it sounds like Hull Tigers have just scored at home and within seconds there is pandemonium on the dance floor, with people climbing up on each other's shoulders and roaring the lyrics back to him. We can't help but feel a bit envious.

When it's Danny's turn to take to the controls, the dance floor is a seething mass of bodies, and sweat is dripping from the ceiling. Knowing how it felt when there was just a few hundred people on the dance floor, this level of hysteria is something else. As he drops in his first track, he looks totally at home in front of the heaving crowd, and knows just what they want to hear before they know it themselves. Having just struggled ourselves to do what he is doing right now – and making it look bloody easy, by the way – we've gained a new respect for it. He's not just sticking a playlist on; he's constantly adjusting the levels, working with effects, dropping out the bass until the crowd is screaming, then hammering it back in again. He's in control, but more than that, he's enjoying it just as much as they are. As Doorly said: that enthusiasm is infectious. FHM



DJ DOLLA$

Which DJs earned the biggest bucks in 2014?



Calvin Harris
£43 million



David Guetta
£19.50 million



Avicii, tied with Tiësto
£18.2 million



Steve Aoki
£15 million



Afrojack
£14.3 million



Zedd
£14.3 million



Kaskade
£11.6 million



Skrillex
£10.7 million



Deadmau5
£10.4 million



Hardwell
£8.4 million



Armin van Buuren, tied with Steve Angello £7.8 million

At a professional level, a successful full-time DJ (who also does club promotion) can earn £30,000-£40,000 a year. Average-sized nightclubs pay £130-£200 a session. For weddings, you could earn £150-£600.

AN EVENING WITH NADIA FORDE

THE ALL-SINGIN', ALL DANCIN', IRISH-ITALIAN EXPORT TEACHES *FHM* A THING OR TWO ABOUT DATING IN THE TINDER AGE

Words: Si Cunningham
Photography: Zoe McConnell



Well, son, it's a funny story really. Your nan originally swiped left when she saw my profile pic – put off by all these tattoos...' Hey, let's hear it for pops, 2055, part of the generation that helped kill chivalry.

It's a scenario one pretty lady is on a mission to prevent: Irish-Italian model and TV star Nadia Forde is here to fly the flag for old-school dating before the online sex drones take over, once and for all.

Fantastic Miss Forde has been a pretty big deal in her native Ireland for some time (notching up a hit telly show and a top 10 track on the UK Urban Club chart). But now, she has her heart set on charming these fair isles. An appearance on *I'm A Celebrity...* last year has already done wonders for her British profile (as well as her fear of mice) and she wants to teach our blokes a thing or two about romance. *FHM* was all too happy to sit up and listen to what she had to say...



***FHM*: Hello Nadia. You must have notched up loads more interviews like this since being on British TV...**

Nadia: Yeah, I'm used to being asked random questions for three hours straight, so it's cool. I've just done this campaign for a dating company, so I have a full afternoon of interviews, but I have a feeling this one will be a bit more fun...

What sort of dating advice have you been dishing out, then?

It's all about people embracing their imperfections and learning to love their flaws. There's so much pressure around dating these days, that it's good to focus on something different. And it's not just physical imperfections, it could be, like, "Oh, I'm scared of the dark" or "I snore..."

You clearly keep your imperfections quite well hidden...

Ha! I'm a bit impatient and a massive chatterbox, so if I come home from a long day, I have to get everything out, even if the other person isn't interested. I'm always texting, too...

Yeah, everyone is glued to their iPhones these days. Has that rubbish ruined the art of dating?

A little bit, yeah. But isn't that just modern life? Everything's done online nowadays, so it feels natural that dating is too. I mean, for me, it's still important to do the old chivalry thing.

So we wouldn't find you on Tinder?

I've never been one for casual hook-ups. I don't get that whole thing. But then I'm not a big fan of dates and I'm rubbish at flirting. I'm so shy that, for me, hanging out with a bunch of mates is way more appealing than the whole awkward, "So tell me a bit about yourself..." But I've been single for three years now, and it's been so long since I've done all that, so you know...

Wait, how is that even possible? What sort of terrifying secret are you hiding?

Jesus, I don't know! Ha-ha!

Sorry! We didn't mean to imply you were a monster...

It's OK. I think it's just been a choice thing. I've come out of long-distance relationships in the past really not knowing what I wanted.




“PEOPLE REALLY DO GO MAD FOR THE ACCENT. THEY’RE ALWAYS MAKING ME SAY ‘THIRTY’”



I decided just to focus on me and my career instead. Plus, I'm really cynical when it comes to boys. I have loads of boy mates, so I know what you're all like!

You must get loads of weird propositions on Twitter too?

Sometimes. With Twitter you leave yourself open to trolls and that kind of thing, but everyone's so nice to me. Being from Ireland, you don't know if people in the UK will accept you, but they've been lovely.

One of your fellow jungle-dwellers, Melanie Sykes, ended up cougar-ing some random bloke from Twitter...

Yeah, I think that ended up being her ex-husband, right? Ha! But no, to be honest, everyone I've met has always been through friends. I read messages online, sure, but that's about it, otherwise you can get really dragged into it all.

So speaking of the jungle, how did you find doing *I'm A Celebrity...*?

It really made me appreciate outside life a bit more. Yes, it is just a TV show, but on a personal level you learn a lot when you're stripped back to basics. And it's a killer not being able to contact your friends or family. You just lie in your hammock longing for contact.

Were you not just utterly bored to tedium all the time?

Well, my campmates were amazing and we had a great craic. It's like a weird bubble that you'll never encounter again, where one minute I had the ex-MP Edwina Currie telling me about British government cover-ups, and then I've got Michael Buerk telling me all about the war zones he's lived in, and then Kendra Wilkinson telling me all about being addicted to crystal meth. I just learned so much... I wish I could get them all together again.

Perhaps you can organise a Duke of Edinburgh trip to the Lake District or something?

Yeah, maybe we can go to Wales and cook some roadkill or whatever!

Since being on British telly, have you had all the usual bizarre offers to do other stuff?

Yeah, that comes with the territory and it's been manic. Going in there was definitely a career choice and has opened a few doors, but it's been great on a personal level and has made me a bit tougher. The other day I was with a mate in the kitchen when a mouse crawled over my foot and I didn't even flinch. Six months ago I would have died!

We're surprised you didn't cook it or eat its willy...

Not quite, but I'm definitely more accustomed to them being around.

So having watched your US show, *Nadia Goes To Hollywood*, those Yanks seem a bit full-on and, at times, bloody rude. Are they genuinely arsey or is it all an act?

I think it's both. They can be full-on, but LA is a true land of opportunity and there's a very clear difference in attitude between people from there and British people. People are going to put you under pressure, so you have to stay strong and deal with it.

Having a 'royt noyce' accent must help too?

Ha-ha! I'm sure the last time I spoke to *FHM*, you got me to do a 'how to charm an Irish girl' guide [*That was a guide to charming girls, not a thing about charming girl guides – Ed*] and it was so well received! I got lots of messages. People really do go mad for the accent, don't they? They're always making me say '30'.

You've had a bit of chart success in the past, right?

Yeah, I think these days you need to cross over into all mediums, and that's why you get so many musical people moving into TV. But I've got a new single coming out called *Stuck*, which I'm super-excited about. It's a catchy pop song you'll definitely be singing along to.

You seem to have a fair few strings to your bow. What else are you awesome at?

I was definitely the kid who couldn't sit still. As a teenager I wasn't interested in boys, and was singing and dancing five days a week. That probably changed a bit when I was 18 and was a bit more, like, "Mmm, boys, maybe I'll have a look!"

Given your heritage, which parts of you are Irish and which are Italian?

My bum is Italian, as is my hair. I must really have that sort of dark, sultry look. In Dubai the other week I had lots of people mistaking me for a local. But my freckles and my accent totally keep me Irish.

Finally, we're off on our travels elsewhere in this issue. Where would you recommend swanning off to on a romantic jaunt?

There's some gorgeous places in Ireland. Go to Kerry, where you can hit all the pubs up and have a laugh and get to know each other. But it's been so long since I've had a romantic weekend away… FHM



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QUICKFIRE ROUND

UK or USA?
Oh, UK.

Guinness or gin?
Guinness with a shot of blackcurrant.

Italy or Ireland?
Oh God! I'll piss off half my family. But Ireland's my home.

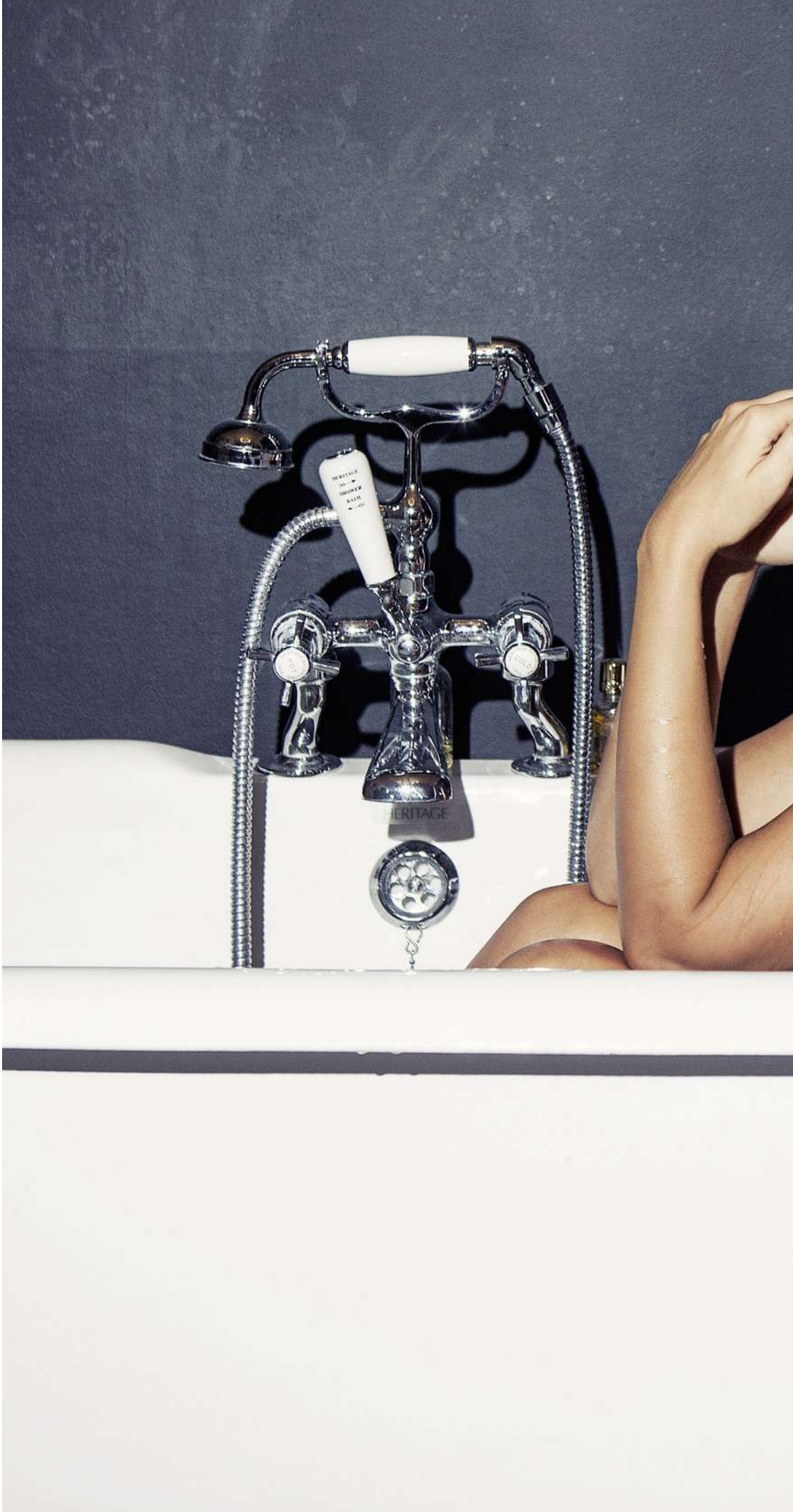
City or country?
Country. I love somewhere secluded.

Trainers or heels?
Trainers always. I can't walk in heels.

Jungle or hotel?
Hotel, with my jungle family.

Red Bull or coffee?
Coffee.

Ant or Dec?
That's a naughty one! And before you ask, I can tell the difference!





“IT’S BEEN SO LONG SINCE I’VE HAD A ROMANTIC WEEKEND AWAY...”



The FHM holiday guide 2015

Are you ready for the best summer holiday you ever had?

Whether you want to blow a girl's mind, show your mates a great time or tot up some life experiences and travel by yourself, we've got you covered

The shot you need to take



Instagram veteran @theblondeabroad on how to get the most social-media magic out of holiday snaps

"Successful selfies don't always have to be about duck faces and push-up bras. This was definitely a moment of pure joy and it shows in my face. When in doubt, pose with a cute animal. Especially if there are sledding dogs… in socks the colour of Skittles."



Pro choice

Ben Southall, explorer
"Send me away for a week by myself and I'd fly to Maun in Botswana, hire a 4x4 and drive into the middle of the Okavango Delta where I'd camp under the stars beside elephant, lions and giraffes, so I could photograph nature at its most raw. There's a little island in the middle of one of the Makgadikgadi salt pans there called Kubu Island – a lunar landscape with huge granite rocks that are about as remote as you can find on planet Earth."

The Best Job In The World *by Ben Southall (Wiley-Blackwell, £15.95), is out now*

»

Holidays with your girlfriend







Ghent: home of picturesque buildings and, far more crucially, amazing beer and chips

SHE WANTS: **Continental romance and chips, but no tourists**

YOU SAY: **Ghent, Belgium, is nice this time of year...**

● It was during a recent Film4 repeat of *In Bruges* that she first hinted at wanting to steal a weekend in Belgium. Sadly, about 1,000 other couples had the same idea, making real-life Bruges' higgledy-piggledy streets feel more like Metropolitan Police kettles.

That's why you should plump for Ghent, the slightly cooler older brother. It oozes medieval charm, so you'll still be able to stare into each other's misty eyes on a boat trip as you're told about who had their head cut off where back in the 1400s. And the truly superb castle and belfry will be perfect for numerous 'House Stark LOL!' Instagram snaps.

Ghent does have tourist trappings, but you'll be struck by the feeling that it's a living, working city first and foremost. Its whopping student population means there's an awesome art scene and a beer café culture that's geared more towards Belgians than bellends. (Although I can't promise you won't meet the odd Belgian bellend – that's just life).

Perhaps most appealing for a romantic jaunt is that you won't have to secretly download the Wonga app to wine and dine your lady. The place is full of posh restaurants that are cheap as chips, and that's not to mention the actual chips. Which are plentiful. And cheap.

So that's Ghent: 'best boyfriend ever' levels of romance, while being historic and gruesome enough to appeal to your inner Partridge. And there won't be a selfie stick in sight…

SI CUNNINGHAM

SHE WANTS: **A taste of paradise, but at a fraction of the cost**

YOU SAY: **Palolem, India**

● We know what you're thinking. An infestation of psychedelic loons in tie-dyed pantaloons throwing oddball shapes to dodgy mid-'90s trance music, right?

Not at all. Palolem is a paradise for those without an oligarch's bank account. The soft curves of its crescent-shaped bay, idyllic coconut palms, frolicking dolphins and memorable sunsets will seduce your inner cynic.

Want to spend a week in a hammock watching acrobats performing high-wire stunts on the beach while sipping a cold bottle of Kingfisher? Welcome. Likewise, if you fancy an early-morning jog along the beach, becoming best friends with the old dude selling pineapples and indulge in a stress-busting Ayurvedic head massage, then step this way.

And when you retire to your increasingly sophisticated beach hut and nod off to the sound of the waves, you'll know Palolem's laid-back vibes have worked their soulful magic.

JIM BUTLER



Pro choice

Matthew Parker, author of *Goldeneye: Where Bond Was Born*, a book about Ian Fleming's Jamaica

"Fleming was entranced with Jamaica: the reef, the people, the music, the food, the wildlife and the island's spirit. On the island's beautiful north coast he found himself as happy and relaxed as nowhere else; the rough edges came off and the creativity flowed. Today, while far more comfortable, the Goldeneye resort remains invigorating, inspiring and magical."



Palermo: just imagine you're Tony Soprano making a pilgrimage





SHE WANTS: A few days living la dolce vita

YOU SAY: Palermo, Sicily

So your girlfriend has a thing about *The Talented Mr Ripley*. He's Bond meets Hannibal, after all. But go all the way to Palermo, Sicily, on the basis that they filmed a bunch of scenes there? Frankly it seems a bit like the work of a stalker.

Still: you should go. But aside from the breathtaking 12th-century church Chiesa della Martorana, in the Piazza Bellini (where some of *The Talented Mr Ripley* was filmed), what else are you going to do in Palermo? Well, it's the ideal place to indulge those *Godfather* fantasies: Sicily is the undisputed spiritual homeland of the Mafia, with plenty of ornate family tombs around the island testifying to the average life expectancy of Cosa Nostra members.

Mafia tourism might not be how you want to sell this to the missus, though. Instead, how about a romantic tour of a vineyard? Sicily was once known as 'the breadbasket of Rome', and those rolling hills are still covered with bounteous crops, half of which, on closer inspection, are actually grapevines. You can book your vineyard tour online and work out precisely where on Sicily's winding and poorly signposted rural roads it is on a map before you set out, or drive about in your hire car looking for one that seems to be open until you end up in a massive argument about planning in advance – it's totally your call.

CATHERINE BRAY

The shot you need to take



@theblondeabroad: "Sometimes all you need for the perfect Instagram shot is a blend of booty, bikini and blue water to portray paradise. I like to call this kind of shot 'create the escape'. Don't be afraid to loosen up and look off into the abyss…"

SHE WANTS: One of those 'minibreaks' that *Cosmo* is always banging on about

YOU SAY: Bath, UK. Screw the airport

She's looking at the two-hour journey time from London to Bath, saying, "We could literally be in Lisbon by now. In the time it takes to get to Bath, a place I literally went on a school trip once, we could be in Lisbon." Then you unpack two bags of Percy Pigs and some of those cups of wine with a foil lid and you say, "You don't get this on a plane, do you?"

Soon you tumble together into the town of Bath, hand-in-hand. You look at all the sandstone-y buildings and you go, "Well, this dicks all over Lisbon, doesn't it?" You take her for afternoon tea at the Royal Crescent Hotel and she is amazed at the tiny little sandwiches and cakes. By now you know you are 2-1 up in the second half of the football match that is love.

After that you take her to the newly-renovated thermal spa, three levels of massages, multi-scent saunas and pools on pools on pools. Try the 'Twilight For Two' package, which is just loads of people floating around with their arms around each other smooching. You head to the roof to watch the red sun set, the air cold and chill on your cheeks while your body remains warm beneath the naturally heated spa water, and you both watch together as people run out of the pool screaming at the sudden freeze as they make desperately for the warmth of the complimentary dressing gowns. She squeezes your hand a little tighter, and you know that the sex the two of you are going to have tonight is going to be borderline illegal.

Circo Bar is nearby and it does some of the best cocktails you ever had. The next day you can pick your way through gaggles of tourists to look at the actual baths ("It's just a pool," she says, "a murky pool") and then you can get tea and scones at Sally Lunn's Historic Eating House. By the time you bust out the Percy Pigs on the train home, all memories of Lisbon have fluttered away, and you both spend the journey back practising unconvincing West Country accents at each other.

JOEL GOLBY



Balance the good work you've done at the spa with *a lot* of cocktails

»

The FHM holiday guide 2015

Holidays with your mates



Looks pretty, packs an awesome food-and-football punch

THEY WANT: **Great meat, epic nightlife and unforgettable football**

YOU SAY: **Istanbul, Turkey. Let's get boisterous by the Bosphorus**

The safe part of your brain wanted to say 'Barcelona'. But let's face it – even your dad's eaten chorizo, Instagrammed the living daylights out of Las Ramblas and live-tweeted grainy shots of #sittinginthebackrowatElClásico. This means you and the boys need a fresher destination so head to the city where East meets West.

We're talking about Istanbul, a huge metropolis with a population of approximately 15 million, a handful of top football teams, a pulsating winter bar scene (be warned: a lot of the clubs close in summer) and more culture than you can shake some succulently marinated meat on a stick at.

When you arrive at the airport, get the tram to Karaköy and walk up the hill into central Beyoglu. Situated on the 'European' side of the city, Beyoglu is where Istanbul's best nightlife is, so it should be where your hotel is (the Anemon Galata is a good budget option, while The Marmara Pera is fantastically situated). Bags dumped, the city is yours. You can grab a fresh pomegranate juice, wander down to Sultanahmet and check out the awe-inducing Topkapi Palace – aka the best museum we've ever been to. Or head to Tophane and enjoy the Istanbul Modern art museum, before joining the locals for a puff of apple tobacco at one of the nargile (shisha) cafés just off Necatibey Caddesi.

Culture banked, it's time for chow. If you want to eat in Beyoglu, book Zübeyir Ocakbasi near Taksim. And if you want to eat in Sultanahmet, book the phenomenal Hamdi. Not only are this restaurant's kebabs sublime, they come with stunning views. After this, it's drinking time.

Begin your night in TomTom Sokak, a bustling little enclave of bars that attracts loads of locals and includes specialist shot bar Tektekçi. Then, once your liver and cheeks are warmed up, kick on to bars like Kasette and Topless before finishing up in Kiki Siraselviler, Indigo, 11.11 or the hip but expensive MiniMüzikhol.

Then the next day head to to Karabatak (to sample the town's best coffee), the 550-year-old Grand Bazaar market (to bag a bargain) and a Besiktas, Fenerbahçe or Galatasaray game, (to lose your Turkish football virginity). Yes, the atmosphere is intimidating to begin with, but you soon get used to it and the fireworks and flags look awesome on social media.

STU HOOD

The shot you need to take



@theblondeabroad: "Adding personal touches to your Instagram feed is an important way to engage your audience. After every trip I take, I go to In-N-Out. I like to share my own California culture (and diet secrets) with my followers. They now expect it and are highly engaged in photos of me holding burgers."

Pro choice

Matt Prior, adventure holiday entrepreneur

"Palawan, a small island to the west of the Philippines, is one of my favourite places to get away from it all, and still dirt cheap. Renting a boat for the day costs almost nothing, then once you have your transport, you're off. Cooking fish you've caught over an open fire, jumping off wherever you feel like it into crystal-clear water and sleeping under the stars is incredible.'

Visit mpadventureacademy.com for your next adrenaline-fuelled trip

The shot you need to take



@theblondeabroad: "Shots like this work well on Instagram, whether the subject is in water, steam or a big forest, because the framing and scenery of this shot is 'otherworldly' and almost magical. Or maybe I'm completely off and it's just about being a busty blonde in a bikini."

THEY WANT: **The ultimate geek getaway**

YOU SAY: **Tokyo, Japan, Mr Roboto**

For geeks the world over, there is a Mecca – a dazzling emporium of neon lights, robots and games galore. Its name is Tokyo, and it is a land of surprising fun.

You depart Narita Airport in wonder at how the train you're on feels stationary, yet the world outside is whizzing past the window at 150mph. In central Tokyo, the subway feels eerily quiet. That's because the underground has spotless mobile signal. Everyone is swiping, texting or reading their smartphones in perfect silence. For a geek like you, it is oddly comforting.

You arrive at Akihabara, the famous 'Electric Town' of Japan exploding with games arcades and stores selling comics, consoles, gadgets and anime. Buildings tower into the sky, all blinking with neon hoardings and giant LED screens. If eBay and Currys merged and built a city, it would probably look like this. You tumble down the rabbit warren of alleys lined with stalls selling electrical goods and street food before you're drawn hypnotically into Yodobashi Camera – ground zero for all things electrical. Staff there know electricals like a Vulcan knows minds – and you can haggle for a deal too.

By now, all you have left is a pocketful of loose change, so you head to Shinjuku's Club Sega, one of the biggest gaming arcade in Tokyo. You spend the rest of the afternoon bleeding yen with your mates on the complex's 200 machines – from Streets Of Rage to Dance Dance Revolution – over three floors, including the basement's 'tournament zone' for professional gamers.

By evening you're famished, so you head to nearby Robot Restaurant where you tuck into bento and beers while watching women in bikinis fight robots. It's been a long day, so you drag yourself to the nearest capsule hotel, cocoon yourself inside a bed pod and drift off with the theme tune of Sonic The Hedgehog ringing in your head.

Next morning your hangover needs caffeine, so you pop to the @Home Maid Cafe where you are served by cosplay waitresses in Victorian maid outfits and play paper-scissors-stone for a discount on your bill.

But your mate finds the maid experience a bit saccharine sweet, so you take the Metro to the Ghibli Museum in Mitaka, celebrating the animation studio that made such films as ***Spirited Away***, ***My Neighbor Totoro*** and ***Princess Mononoke***.

Your senses are in overload and you haven't blinked in two days. A quick drink will help you sleep on the plane – and so might shooting some guns. So you pop into Shooting Bar AE – a BB gun target range and bar in Gotenyama. As far as holidays go, it's been a weird one.

MATT BLAKE





Tokyo: like every sci-fi film you've ever seen – but with more cool stuff to buy

THEY WANT: **To get away and get drunk**

YOU SAY: **Budapest, Hungary (It's the party capital of Europe, guys)**

For cheap drinking, hard-partying and good food, Budapest is currently in the process of taking Berlin's 'Party Capital Of The World' badge and sticking it right up its arse.

Why? Because you'll be necking 80p beers in bombed-out ruin bars, sailing champagne-drenched boats on the Danube and sinking dirt-cheap cocktails at parties in ancient baths full of girls in bikinis.

For a dry (fully clothed) night out, head to Szimpla Kert on Kazinczy utca (the party street in Pest), named the third best bar in the world. By day, this converted factory is filled with food and juice bars and, by night you can drink on the balconies, smoke in the shisha dens, dance like a moron and eat fresh-cooked pizza served all night. After that, head to Instant on Nagymezo utca, one of the biggest ruin bars in Budapest. A multi-storey bombed-out building taken over by psychedelia, it's open til 6am and covered in creepy art.

Amid the haze of hangover, if you can stumble up to the Citadel in Buda and Instagram the 360° views of the city, you'll feel like you've done something cultural. Before you head back and start drinking again.

STEVIE MARTIN



The FHM holiday guide 2015

Holidays by yourself

YOU WANT: **To see something different**

SO YOU SAY: **Havana, Cuba, comrade**

After years dodging nights out with your mates to cobble together some cash, you've finally chucked the day job and are itching to see the world. Instead of enduring a 16-hour flight only to see the same Starbucks and H&M chains, step back in time and head to Havana, Cuba.

With the sweet stench of rum and hand-rolled cigars piercing the plane's air-lock the second you hit the tarmac, you'll struggle to even wait for your luggage. Follow your nose to the Partagás cigar factory and nip in for a tour, where you'll find craggy-faced employees elbow deep in tobacco leaves for 12 hours a day, puffing on the merchandise and trying to flog you the brand Fidel Castro *definitely* smoked just as soon as their boss stops looking.

After the obligatory boning up on Che Guevara and co in Old Havana's Museum Of The Revolution, you drink in some more culture (and by that we mean rum) at Havana Club Museum, before deciding you've earned yourself a nice little drink. Yes, another one.

Stumbling across the dusty roads flanked by the type of buildings you thought only existed in old movies, you can't help staring at the gleaming '50s cars grumbling past, before wafting into Ernest Hemingway's favourite haunt, El Floridita. You swiftly forget you're sitting alone – a mixture of the frozen daiquiris that were invented here, local musicians making a charming racket and your old pal Hemingway leaning on the bar. Or a life-sized statue of him, anyway.

SAM ROWE



The perfect place for Daniel Craig-style steely-eyed staring into the distance

YOU WANT: **To find yourself on the cheap**

SO YOU SAY: **Camping in Glencoe, Scotland**

At some point in your life, we all get to a point where we need time to think – to process what's been and where the hell we're going. If you've got a trust fund or you work as an investment banker, you probably have the cash to trek across the Himalayas or go train-hopping in India for six months. If not, then you should go to Scotland. Specifically Glencoe.

Upon approaching the region, aim to drive by the Buachaille Etive Mor, the horizon-dominating peaks made famous when Daniel Craig's Bond cruised through in his Aston Martin DB5 in *Skyfall*. You're only a two-hour drive from Glasgow, but to look around, you'd think you were in Scandinavia. There are few places so close to home where a man can look skywards and feel his breath stolen from him – and if that doesn't put things in perspective for you, nothing will.

Take a tent and camp near the River Coe. If you fancy the challenge, you could catch your own lunch (permits are available from the nearby Red Squirrel Campsite) while your beers cool in the shallower parts of the pebbled waters. Fancy meals are for trips with your girlfriend – if you're looking for spiritual clarity, you go back to basics and there's nothing more basic than cooking up your own freshly gutted trout on a fire fuelled by wood and twigs you've gathered yourself.

Tuck yourself in and brace yourself for a cold night. You might not sleep a great deal, but there's something about hearing the Highlands blaring out pure silence that's oddly comforting. The early start, when you're woken by the sun to the sight of dew-glistened grass, will be worth it.

Glencoe Village is a short drive away, where you'll get a hearty breakfast, setting yourself up for a hike towards the Pap of Glencoe. It's not quite the Scottish Everest that is Ben Nevis, but upon reaching the stony dome of the Pap, you'll be greeted by fairy-tale panoramic views of your village starting point, Loch Leven and the Ballachulish narrows. This is one of the most breathtaking views in the UK. The slow hike back will give you ample time to clear up that quarter-life crisis.

JORDAN WALLER

Pro choice

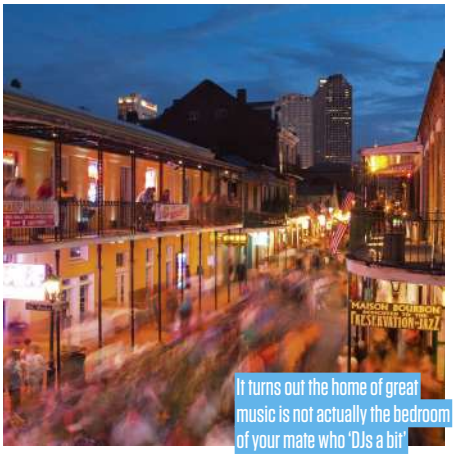
James Watt, well-travelled founder of BrewDog

"I love Stockholm. It's versatile, so there's always something to do, and the vibe just screams creativity. Amazing food, friendly people and so much to check out. Plus the beer scene is *epic*. We launched our first bar outside the UK in Stockholm in 2013 and it's been rocking ever since. Akkurat is also one of the best beer bars in the world."









It turns out the home of great music is not actually the bedroom of your mate who 'DJs a bit'

YOU WANT: **To go on a musical pilgrimage**

SO YOU SAY: **The American South. Yee-haw!**

You can keep your Big Apples, pretzels and Californian nouvelle cuisine – the real USA is fuelled by fried chicken, coleslaw, gleaming BBQ and piles of creamed corn. The American South is big, slightly bonkers and responsible for some of the best music ever.

Start in Nashville, Tennessee, the home of country music. Even if you're not turned on by the sound of pedal steels and banjos, you'll have a whisky-soaked blast here. Head for The Big Bang Bar on the main strip, where the main attraction is two back-to-back pianos, on which a couple of supremely talented guys try and outdo each other by hammering out and singing *every single request* thrown at them by the drunken crowd. Once that's done, just head down to any of the dive bars off Broadway (but not Broadway itself unless you want the full spangly, Stetson-wearing experience) and you're bound to stumble across something agreeably weird.

Next, get the Greyhound bus (if you're feeling brave) to Memphis and make a beeline towards Gus's Fried Chicken for – no joke – some of the best no-frills food you've ever eaten. Ignore the none-more-kitsch world of Graceland and check out Sun Studio instead. The original musical home of Elvis, Johnny Cash and BB King among others, Sun is still a functioning recording studio and the tours are great fun. If you're still gagging for guitar-based goodness, hit up the Rock 'N' Soul Museum. The films of Otis Redding laying down vocals will blow your balls off.

Rock-friendly Austin, Texas (which you can get to on the brilliantly old-school Amtrak train service) is your next port of call. Hang out for a bit at Spider House – a kooky, dilapidated bar that's a favourite haunt for music bloggers, then go and see whatever's on at Stubb's Bar-B-Q – one of the coolest music venues in Texas. Finally finish up in New Orleans for some po' boy sandwiches, cool beer and hot jazz. Mother's, an eatery favoured by locals, will sort you out with jambalaya and gumbo, then hit up the French Quarter for live music and friendly vibes. Don't bother with booking a nice hotel, by the way: New Orleans doesn't sleep and neither will you. FHM

JOE MACKERTICH

Things you should totally know (when you're going away by yourself)

Simon Reeve has travelled to more than 110 countries filming TV series for the BBC. What advice does he have for the wannabe explorer?

Things to pack

"Kit discussions get me excited. I'd never leave without my Gerber Dime pocket-knife/multi-tool thing. I've used it to cut holes in clothing when people have been injured. And my tiny Streamlight Nano torch has saved my life more than once."

Wrap up

"No matter where I'm going, cold or hot, I'll take my shemagh – a Middle Eastern headscarf that can look quite dodgy if you're boarding an American airplane. It's useful for warmth, as a towel or something to lie on or wash up with. Can't remember where I got it – either Shepherds Bush Market in London or Mogadishu, Somalia."

All in the eyes

"Wearing sunglasses doesn't help when you're trying to get on with people in an unfamiliar situation. Wherever you are, people seem to prefer it if you're not wearing shades when you meet them. And play down the idea that you're a wealthy foreigner. That's never a good idea."

Russ no fuss

"When I'm trying to avoid being hassled – like when you see foreigners in local markets being dragged into shops – I often pretend to be Russian. You just say 'nyet' in that typical Russian way that involves not using any muscles in your face and looking like a miltary hard nut."

Snub (some) grub

"Go veggie in India. Most people are vegetarian there so they don't know what to do with meat. They just put it in a cupboard like a vegetable. Oh, and avoid eating in places that have pictures of the food outside. They're always crap. And don't eat salads in hotels. Unless you've got cast-iron insides."

Simon's latest series, Caribbean, *starts on BBC2 in March*

PHOTOGRAPHY: ALAMY, GETTY AND SHUTTERSTOCK



HOW TO BE A MAN...

FEATURING SPECIAL GUEST MODEL, COMEDIAN CHRIS RAMSEY

We don't mean to whine, but sometimes being a guy is tricky. Here's our indispensable guide to acting like a man when the going gets tough

WORDS: Matt Blake and Joel Golby

PHOTOGRAPHY: Matthew Stylianou

...WHEN YOU HAVE TO BREAK UP WITH SOMEONE

Stop crying, man. Break-ups are great. Think of it as being born again. Colours are brighter. Flowers smell sweeter. You don't have to keep going out for tapas any more. Plus, you get to do the amazing, vengeful thing of changing your Netflix password. GOOD LUCK FINDING OUT HOW THEY MANAGE THAT PRISON BREAK, SARA.

But before you dive back into that dating pool, some no-nos: don't check her Facebook messages if you have her password. If she owes you money, write it off if it's less than £250. If it's more than £2,500, procure the service of a lawyer.

If you need to meet, do it in a neutral location. Bedrooms are off limits.

Don't think about another man's big hands pawing at your ex's breasts. Don't think of the insane bedroom gymnastics she never did for you but is probably doing for him. And don't imagine her saying, "But we've already done it seven times today! And twice in the butt!"



...AT THE BBQ

THE RULES

> No saying, "Put another shrimp on the barbie." Even if you have shrimp.

> Cater to vegetarians by buying some halloumi but tell them they are on their own when it comes to cooking it.

> Don't wrap a banana in tinfoil and cook it. It doesn't taste of anything.

> Nobody on earth can properly cook a sausage on a barbecue. So at least watch a YouTube tutorial beforehand.

> Don't be a dick about staking a claim on the barbecure. It's a grill. If someone else wants to stand over it for hours with tongs, tuck into the beers and let them.

> Remember that lighting a barbecus is the world's most effective rain dance, so be ready to cover all the salads with clingfilm, bang the lid on the grill and sprint to the pub when the heavens open.

> You'll be judged on the amount of condiments you put out. Even if everyone just uses ketchup, you'll need at least seven types of mustard.

> Some men are going to want to watch you cook. They are going to stand there in a bukkake-scene configuration, silently nursing beers and watching you flip steaks. They are not even hungry, it's just a primal thing. Men like to see meat cooked.

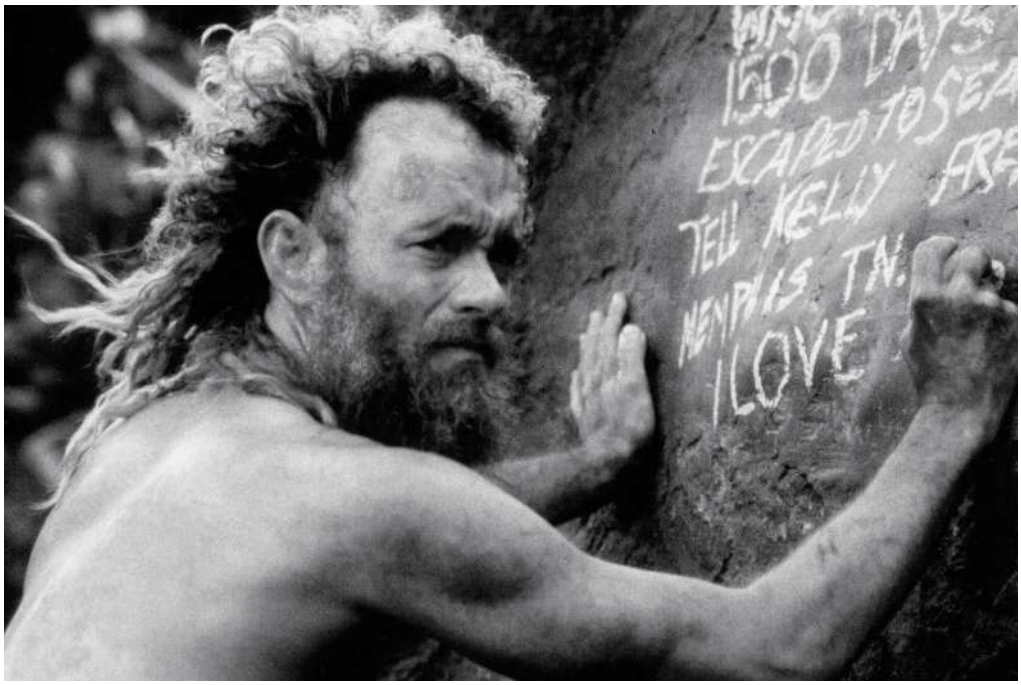
...ON A FIRST DATE

First dates are easy: wear a shirt, have some drinks, make her laugh until she starts flirtatiously twirling spaghetti on her fork, and then get yourselves a taxi. Boom. As a result a lot of the onus is on pre-date rituals: like a boxing match, the game is won in the locker room.

Here's what you do: tidy your room and put fresh sheets down. Brush your teeth twice. Iron your shirt. Clean your toilet. Wear your best shoes because women notice shoes. Relax, idiot.

Here's what you don't do: spray your balls with Lynx. Look her up on Facebook before she's even added you and mention weirdly knowing things about her past six holidays while on the date. Get drunk and turn up drunk.

In the end, she's just a person. Yes, maybe this first meet-up is the start of some fairy-tale and in a decade's time you'll be telling your children about your first date. But don't get hung up on that. Just do drinks and maybe some Nando's and don't think about your complexly unravelling future.



...WHEN YOU'RE TOTALLY ALONE



Legendary adventurer Sir Ranulph Fiennes knows what it's like to be stranded totally on your lonesome

Two people is always more sensible than one. All my unsuccessful expeditions have been when I've been by myself.

In my day we had no sat nav. Nowadays you have satellite phones in the North Pole and you can speak to people while you're drinking your coffee in the tent.

When you're alone, a clear head can save your life. Like when I lost the top half of all my fingers on my left hand.

There was a full moon that night but there were clouds so I didn't have any light. The full moon also meant there was a high tide. If you can imagine the sea coming up under its semi-cover of broken ice, everything goes all over the place. It's wild – it's extremely noisy and frightening.

The ice was breaking up. I was trying to get from one ice flow onto what looked like a bigger one in the dark. My sledge, which I was attached to, fell between the two flows. It started sliding 10 feet down into the sea. I followed.

My left hand was totally dead. The other hand was going dead, like two bits of meat. I'd had to put my hands in the water to haul out my tent and cooker.

If I'd panicked at that stage, I would've been dead from hypothermia in an hour or two. It was -45°C, with a wind of about 15mph. It was dark and rumbling everywhere. I was very scared. I was thinking, "Can I do this before the life goes out of the remaining five fingers?"

I am no good at staving off fear or panic. When I'm climbing mountains I get vertigo. I get very frightened.

Alone in the Arctic, you never have time to kill. You're always wanting sleep, you have scientific work to do and that takes time. Navigation takes a hell of a long time too. Getting through on the radio… it takes time setting that all up.

I've never had that 'life flashing before your eyes' moment. The only time I sort of did die was when I had a massive heart attack and didn't wake up for four days. That happened without me knowing and I still don't have memories of it. I've never seen any angels or the rest of it.

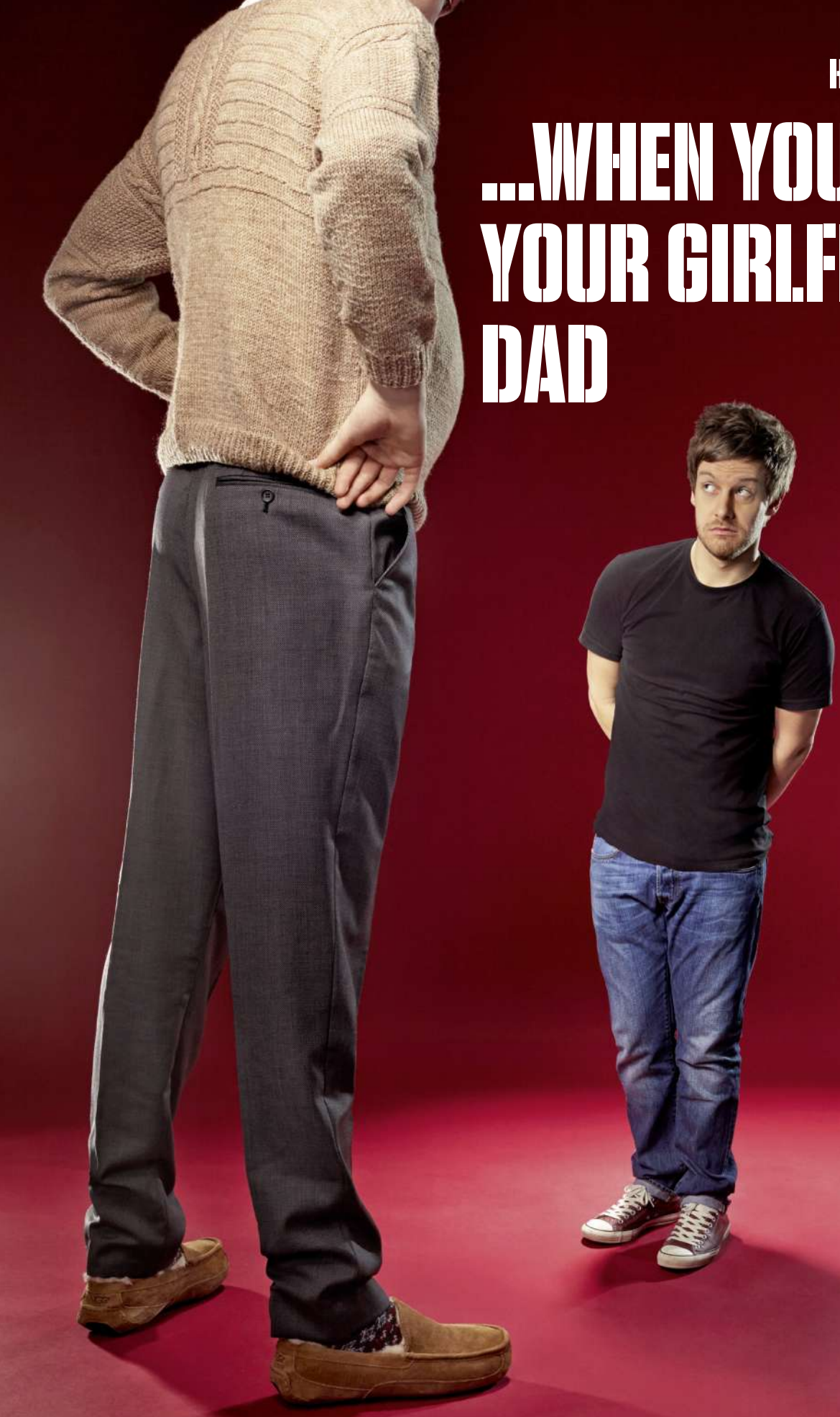
I've yet to discover anything great about being completely by yourself. Apart from the fact it lets you write books.

Sir Ranulph would like to thank the readers of FHM *for donating to Marie Curie Cancer Care*

WORDS: DREW MIDDLETON

HOW TO BE A MAN...

...WHEN YOU MEET YOUR GIRLFRIEND'S DAD



For some reason, girlfriends' dads put huge significance on the first ever handshake you give them. They're obsessed with it: it's all they can think about. And that's fair – they are an old lion, their mane thinning, their pride (daughter) leaving them for a sharper, younger, more powerful version (you). The only remaining way they have of exerting dominance over you is by squeezing your hand really hard and passive-aggressively saying how nice it is to meet you.

Girlfriends' dads always want to meet on neutral ground, normally at a family meal, so bear that in mind. Bring some flowers for the girlfriend's mum, take two paces over to the girlfriend's dad, pump his hand twice and make sure you don't accidentally call him 'Sir'. The rest of the meal you just need to spend quietly eating your steak (he will get a steak, so you also have to get a steak – rarer than his, if possible) and resisting the urge to crack fart jokes.

HOW TO BE A MAN...

...WHEN YOU'RE WRONGLY ARRESTED ABROAD



While travelling, Graham Hughes, 35, was arrested in Africa twice. Here's how he survived…



Getting wrongly arrested in the UK must be shit; I wouldn't know. But I can tell you that getting banged up in a foreign country is terrifying. It happened to me twice – once in Cape Verde, off the coast of West Africa, and again in the Republic of the Congo.

I was first arrested the moment I stepped off a rickety fishing canoe with eight Senegalese fishermen at Cape Verde. Looking back, it makes sense why the local police thought I was an international people smuggler: a white Westerner with a boatload of African fishermen.

The best way to avoid trouble is to make as many friends as fast as you can. I had to share a 10ftx10ft cell with 11 other men. The fishermen bore me no ill will but I didn't want to take any chances. It's important to humanise yourself by bonding with other inmates.

When you don't speak the local language, props can come in handy. I found a pack of playing cards in my bag, so I tried to teach my fellow prisoners some games. At first some were wary but by day two we were friends.

Football transcends linguistic boundaries too. I'm from Liverpool and I was amazed at how not just my cellmates but the policemen, too, wanted to talk football. After six days I got my day in court where a Cape Verdean judge decided I was not a human trafficker after all and let me go.

Two months later, I was arrested again in Brazzaville, Congo. They thought I was a spy. I spent another six days in jail, this time in solitary. They deprived me of my shirt, shoes, socks, hat, glasses laptop and mobile phone.

When travelling abroad, always carry a spare mobile. I only had one when I was in Cape Verde, so when the police confiscated it, I had no way of calling home or the British Embassy. I wasn't going to let that happen again, so when they took my decoy mobile in Congo I used the spare to tweet for help.

A strong bowel is key to surviving a place like that. The toilet was the most disgusting I have ever seen. It was a squat toilet and it was covered in shit. I don't think it had ever been cleaned. Given that I was barefoot, I went for six days without going.

The worst thing you can do when wrongly arrested in a foreign land is get angry. I was banging on the doors all day and night. My cell door was so bent out of shape it took six policemen and a crowbar to force it open. That just pissed them off and I'm sure that's why they held me for so long.

When in solitary, keeping your brain active is key. I can see why people go out of their minds when left with nothing but their own thoughts. I came up with a fantastic plot for a new Indiana Jones film – I can't tell you in case you steal it.

Finally the British Consul came to help. While he was speaking to the chief of police, his wife came to talk to me in my cell. She said, "Graham, you've got to calm down. Stop shouting and kicking the door. These guys can take you round the back and do bad things to you. It's happened before." That was a wake-up call.



...WHEN SOMEONE'S IN DANGER



James Ward, 25, was walking home after a night out in London when he came across a heavily intoxicated man threatening to throw himself from a bridge

I remember seeing him. A man, alone on Waterloo Bridge, standing on the wrong side of the railings, swaying. He wasn't speaking English and didn't look like he was in a good way. You could tell he was drunk.

If you're watching something like that for longer than 10 seconds, it doesn't really matter what you think. You're already a part of it whether you like it or not. Other people were staring or walking past and weren't doing anything to help him. Someone had to do something.

I just thought, "Shit, there's a man on the edge of the bridge." You don't ask yourself whether the person is going to jump or not, you just know that it's a risk and he could easily fall, and he's not in his right mind.

I grabbed him. I didn't ask for permission, I just made sure I had a good grip and started pulling until he was horizontal over the rail.

Someone had to take decisive action. You don't have time to plan something like that. You just act. The whole think happened so quickly. Afterwards I realised that I could have really fucked things up. Luckily it worked out.

I couldn't have just got on with my day knowing I'd done nothing. Especially if I found out what might happened afterwards by watching the news or reading the papers. I'd have been utterly disgusted with myself.

I just didn't want it on my conscience. It's a selfish feeling in a weird way.

Afterwards you say you're just doing what anyone else would have done. But there were still a lot of people stood watching that did nothing, I don't understand that.

...WHEN YOU GET THE BILL

> The corny write-an-invisible-cheque-in-the-air motion? That's not mandatory.

> Assert your alpha-male status: reach for the bill immediately, pick it up, raise an eyebrow while intensely scanning it like a war-time politician reading over a peace treaty.

> If you're having a pre-match vindaloo with an entire rugby team, don't be a dick about anyone who ordered an extra side. Be the bigger man.

> Pay your share in cash. Everyone should, unless you want to spend half an hour watching people pay £11 increments around the table on cards.

> If you're on a date, just bang your debit card on the table in a way that says, "Aw yiss, girl, I can pay for this entire meal myself," but with an eyebrow-wiggle that says, "But if you want to go Dutch, that will really help me make rent this month."

> Tipping is like washing your hands after a wee: you know you should, but you only tend to do it if you know someone else is watching.



...IN AN ARGÜMENT

Michael Wolkind QC is widely recognised as the UK's top criminal barrister. He has argued more murder cases than any other criminal barrister in the country

Arguments should always be enjoyable, both for the loser and for me. I'm keen that the other person looks back on their defeat with fondness. **There's no definitive list of rhetorical devices that I use to win.** I move instinctively and always stay in control. Please don't try to shout someone down. You can be a 'force of nature' in an argument, but browbeating is forbidden. **The best way to win is to listen to the other person patiently.** You let them make mistakes, squirrel them up and then, when the time is right, calmly deflate their balloon with apparent sweet reason. You can even use facts if you really must. **You can win an argument simply by your questions.** If you ask the right ones, your opponent will often get lost in their own response. When I'm cross-examining in court, the witness should not relax. They're surprised by the first question, denounced by the last and uneasy with all in between. **One good lesson from my 40 years as a barrister it is to leave spaces between statements.** Silence is your friend. Your opponent will feel a compulsion to fill the gap. That's when they often make mistakes. They fear that your silence is disapproval of their last answer. People fill a silence with inconsistency, desperation or confession. **A difference between arguing in court and in real life is that, in real life, people can just walk away**. That or punch you. Neither response works well in court. Keep them in place at home or the pub, and attractively non-violent, by humour, reconciliation, and an almost regretful tone in pointing out their unfortunate errors. The sarcasm is gift-wrapped. **Never lose your cool.** Greet aggression and bullying by staying friendly and polite. That makes sense for so many reasons. Gently show someone the weakness of their position and the strength of yours. They may even feel grateful for the lesson. **I rarely carry a witness box with me on the street or insist someone takes a formal oath before discussion.** Argue with grace and style. Disagreement can be beautiful. And vary your style. One court will hear me as relentless, another as charming. They're both right. **If you're arguing your case in front of a group, like a jury, humour is an excellent way to make a winning impression.** I remember the time I cross-examined the heavily accented Italian owner of a bureau de change where my client was accused of laundering millions. I asked him about certain documents and he said: "I have a daily sheet."

I told him: "Thank you for sharing, that's very healthy, but concentrating on the question, do you have any documents?" **Please note that these principles only apply to when you argue with any man or woman under 6ft 5in tall.**

To find out more about Michael and his work as the UK's top criminal barrister, visit topqc.net



...ON YOUR FIRST DAY OF WORK

The primary aim on your first day at a new job is to avoid picking up a career-ruining nickname that you will never be able to shake. Walked in with a coffee? Coffee Boy. Five minutes late to your induction? Big Late John. Forgot your wallet and had to borrow a fiver from your deskmate for lunch? At your retirement party, they will still be calling you Forgetty McWalletface.

Day One is mainly setting up your new computer and adjusting the height of your chair, with the real work coming later. This leaves you eight working hours to fuck up your first impression with every person in the office. So: don't do that thing where you repeat a new name three times every time you hear it ('John, is it? Hi John. Nice to meet you, John') because you'll just sound like a cyborg; don't microwave any fish in the shared kitchen; don't fuck up saying goodbye at the end of the day ('Farebye! See well!'); don't tell any joke that requires you to explain before and after that you're not actually racist.

...WHILE GETTING MUGGED

Unless you're carrying around a USB stick of discreet information about the British monarchy, the only thing you need to worry about if someone mugs you is your beautiful, beautiful face. Is that nearly full Nando's card in your wallet really worth getting your teeth knocked out for? No.

Muggers are like fawns – easily startled. Unlike fawns, however, when startled they tend to fire three rounds into your chest or stab you in the arse cheek. Hand your wallet over slowly enough that they know you're cooperating but not so slowly your Facebook photos end up on the news with the headline 'Victim is believed to have been stabbed in the balls so hard he died'.

Feel free, at the point of handover, to fix your mugger with a brief, steely glare to suggest that, were this a fair fight, this would all be unravelling *very* differently.

Also, pro tip: as your mugger walks away, something primal deep inside you is going to make you cheerily blurt out the words 'thank you'. Do not do this. Do not thank your mugger.

...AS A BEST MAN

Yeah, you have to do a speech, but you can just print one off from the internet – no one really wants to hear about the time you waxed the groom's pubes off at a bar in Zante, they just want some generic crap about the importance of love. No: the only real job is to throw the best stag party ever.

Tailor it to the stag – if he's outdoorsy, get a lodge, go climbing, then go to the pub. If he's indoorsy, just go to the pub. Don't think that every guest wants to take four days out of their lives to go paintballing in Latvia. Being a best man might sound like a great job, but the reality is being 300 emails into the biggest CC chain on earth, while someone called 'Daz' details exactly which dates next year he can't do. Reward yourself at the wedding by attempting a series of unsuccessful flirtations with a minimum of two bridesmaids.



...IN A DISASTER



On 11 December 2013, Ferdinand Puentes, 40, was flying home to Hawaiian capital Honolulu after a day's work fitting solar panels on Molokai island when the light aircraft's engine exploded, sending him and eight others on board plummeting into the sea

We had only been in the air for two minutes when we heard a massive bang. I looked along the aisle through the cockpit window just as the view of cloudy sky turned to sea. We were going down.

When your plane is about to crash, all you can do is brace for impact and pray. I looked around at the other passengers. They were in shock. No screaming, no shouting, just pure fear in every face.

When you're seconds from death your life really does flash before your eyes. In that moment, time seemed to stop and the whole library of my memory reeled through my mind. We hit the water with a deafening splash and we were thrown from our seats.

With your plane in the water, you have to get out as fast as you can. As soon as someone opened the door, icy seawater cascaded into the cabin. I knew if we didn't get out, the craft would sink with us inside. My body switched into survival mode. I jumped out and grabbed hold of the wing.

I saw a female passenger also clinging to the wing in panic. She couldn't swim. She was calling out for help with her life jacket so I swam over to try and calm her down.

As soon as I had got her life jacket on, I realised I hadn't inflated mine. My steel-toed workman boots and jeans were dragging me underwater. I desperately wanted to take them off to keep me afloat, but I knew that was a bad idea, for two reasons. First, if I made it to shore, the waves could slam me into a reef. Second, there are sharks everywhere.

Tiger sharks are the ones to beware of. They are the garbage disposals of the sea and eat anything. If you thrash about, they are more likely to come for you.

It was a mistake trying to swim the half-mile to land. I soon found myself alone in the water. I became overwhelmed with exhaustion, with a terrible pain in my neck and shoulders from the crash. There, I hit rock bottom, ready to give myself up to the sea.

That's when I saw it. A giant humpback whale leapt from the water barely 10 metres from me and splashed back into the water. When it resurfaced, it looked right at me. As our eyes met, its gaze pierced my soul, like it was willing me on. I found new strength.

When you feel all is lost, think of those you love. I saw my wife and five children smiling at me once more and grew determined to see them again. I swam for shore with newfound strength.

Suddenly a whir of propeller blades filled the air. It was the coastguard. God had given me another chance; I would see my family again.

I couldn't sleep for three months afterwards. To this day I suffer flashbacks, but it helps to talk about it. Since that day, I count every day as a blessing.

WHEN YOU'RE HAVING A BABY

> Decide a bully-proof name before the baby pops out. You and your partner aren't going to be lucid following 10 sleepless hours of drugs and screaming.

> Stop moaning. Having a baby is easy. Well, for you it is.

> Don't look too hard. You're going to want to have sex again sometime in the future.

> No filming. Your brain will do a perfectly good job of selecting the best bits (filtering out the squirting bodily fluids) without the need for Final Cut Pro.

> Trust the doctor. Your familiarity with syptomchecker.com does not equate to seven years at medical school.

> Appreciate the 'old' version of you. Soon, you won't be able to remember what life was like before baby. The best bit is you wouldn't want to either.

...AT THE BARBER

How old are you? Are you under 25? Well, you're still at the age where you can go to the barber and say, "One trendy haircut, please, sir! One haircut that is terrible, but of its time!" He'll start dying your fringe blonde or shaving one side vertically down the middle, but don't worry, you are young – rules do not apply to you.

Are you *over* 25? Then ask for a short back and sides, mate, nothing else. No other option. Grow up. No other option.

Ultimately, the only question that matters is, "Do I have enough hair to get away with this any more?" If the answer is no, shave it down to the wood. You are bald, now. You are a bald man. Hey: at least you can swim faster.

Chris Ramsey is on a nationwide tour with his new stand-up show "All Growed Up" this Autumn. For details, go to chrisramseycomedy.com



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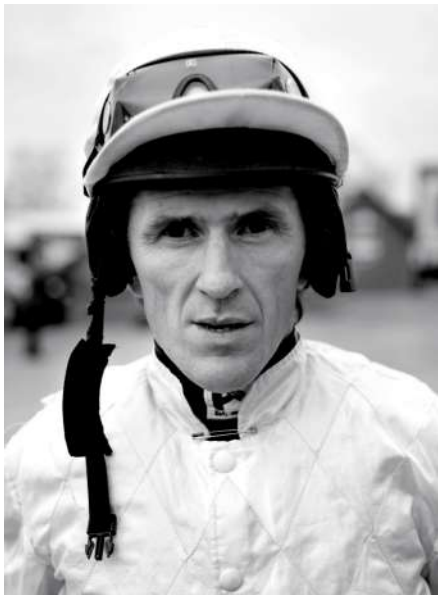


THE GUIDE TO THINKING LIKE A WORLD-CONQUERING, GOAL-SMASHING SUCCESS MAGNET

He's masterminded three election victories, been a trusted advisor to Tony Blair and is matey with some of the most successful people in the world. Alastair Campbell tells us, in his own words, what makes up the mindset of a natural-born winner

The two things I'm interested in are politics and sport. And if you look at them both, what unites them? Winning. I probably don't need to tell you I'm competitive about everything. This idea that it's not about the winning has always struck me as ludicrous. It *is* about the winning. If you don't win, you can't do anything.

There's a quote from athlete Haile Gebrselassie towards the end of my book, *Winners And How They Succeed*. He's been a winner in sport, a successful businessman and he's now going into politics, so if anyone knows about competing and achieving success it's him. He said: "If you can't win, what is the point?"



"You always get a buzz from winning. Winning is everything"

Record-breaking jockey and BBC Sports Personality of the Year, AP McCoy

Richard Branson told me, "There's no single recipe for success, but you can definitely see certain things that pop up again and again." Look at Tiger Woods and Usain Bolt – both very different, both incredible winners. You look at Bolt, and think, this guy is chilled, this guy is relaxed. Woods, on the other hand, is totally focused and doesn't let anybody inside his space. You can spot the differences, but look at the similarities: both of them hate losing.

These days I'm more sure than ever that there are certain principles that anyone who wants to win needs to know if they want to lead in their own environment.

STRATEGY



"Too many coaches teach technique when they should be teaching strategy"

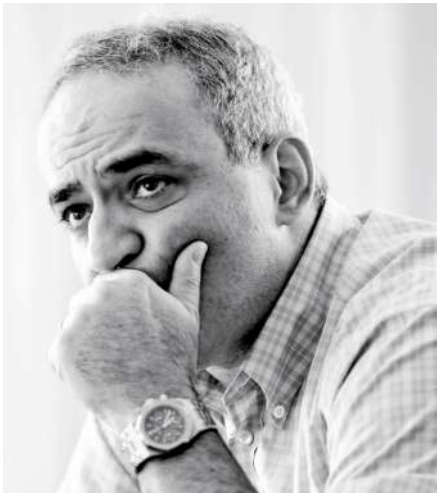
Nine-time Wimbledon champion, Martina Navratilova

I've got this big thing about strategy. In my book I say that "strategy is God". You can have all the talent in the world, but without a strategy that everyone from the top of the organisation to the bottom understands, your ambition will not be fulfilled. Whenever I'm working with people, political parties or businesses, I always suggest that they set the objective first and then do the strategy. Strategy is the hard bit. After the strategy, you work out the tactics.

So, in terms of fitness, if your objective is to lose 10kg, then your strategy would be to eat less and exercise more. The tactics might be a diet plan, using the stairs not the lift and recording your calorie intake.

Ben Ainslie, the most successful sailor in Olympic history, said to me that strategy to him was about working out what the current is going to do, what the wind is going to do, what your opponents are like, working all of that out ahead of time. Then, because you get out there and things might not go according to plan, you will have to adapt. To him, tactics is adaptation.

I spoke to José Mourinho about the difference between strategy and tactics. He said, "In my world there is no big difference between the two." He said that for every game he builds a unique tactical model. Essentially *that* is his strategy. His strategy is always having tactical supremacy. He then said he only considers employing a 'strategy' if his original model isn't working because the other team is doing better, or his team isn't performing as he wants it to. Strategy, to him, is what you do if the tactics don't work.



"If you keep changing your strategy it means you don't have one"

Genius chess player and political agitator, Garry Kasparov

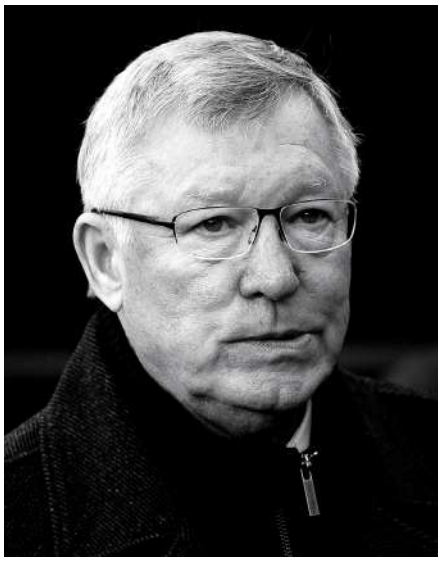
Garry Kasparov, a chess world champion at the age of 21, believes whole heartedly in adhering to a set strategy. He told me: "In chess, if you play without long-term goals your decisions will be purely reactive and you'll be playing your opponent's game, not your own."

He also said: "Chess is an attempt to paint a masterpiece while someone tugs at your sleeve", which I think might be one of the best things I have ever heard.

»

AS TOLD TO JOE MACKERTICH. PHOTOGRAPHY: ALAMY, GETTY, SHUTTERSTOCK, REX AND ADAM HINTTON

LEADERSHIP



"You have to know when to go over the top to get a reaction and when to be calm"

All-conquering Manchester United boss Sir Alex Ferguson

Anna Wintour, the editor-in-chief of US *Vogue*, was someone I wanted to talk to for the book, but I didn't really know why. It was just a notion. It turned out to be one of the best interviews of the lot. She's a leader. She told me: "Ideas are a dime a dozen; leadership is how you execute them." She said she wouldn't know how to organise a fashion shoot, wouldn't know how to design a piece of clothing, she can't do any of that stuff. But it doesn't matter because what she *can* do is get people together. "I am always responding to other people's talents. I am not the talent," she said.

Bill Gates, too, has mentioned that all the best business decisions he ever made as a leader had nothing to do with technology, programming or finance. It was to do with picking the right people to work with.

I also think *values* are fundamental to being a good leader. Your values are what give you a compass. When the shit does start flying, your values are the rock you cling to.

Arsène Wenger said, "I would say a person who is a good leader is a person who has ideas and a vision of the world. To have a vision of the world, you have to have a philosophy of the world and values that are important for you."

"If leaders do not stay focused... everyone else wanders off pretty quickly"

Ultra-charismatic, absurdly-popular US president, Bill Clinton

The opposite is true of someone like Rupert Murdoch, the executive chairman of News Corp. I do a thing at dinners where I ask people if they think Richard Branson has a good reputation or a bad one. They say good. Bill Gates? Good. But Murdoch? Bad. Think about that – he owns more print and airspace than anybody, but he's lost control of his reputation. You contrast that with leaders who focus not just on what they're doing, but also on their long-term reputation. I spoke to a guy called Joe Torre, a baseball legend both as a player and a coach. He's all about values. He had a difficult childhood – his dad used to beat up his mom. He now runs safe houses for abused kids. With regard to leading his players, he said, "You have to earn their trust. You cannot take it for granted. If you earn their trust, you'll get their commitment."

Billionaire investor Warren Buffett is often seen as a leader with good values. He said, "You will have the habits 20 years from now that you put into practice today. So look at the behaviour you admire in others and make those your habits, and look at what you find reprehensible in others and decide those are the things you are not going to do."





"We think in pictures way more than we think in words"

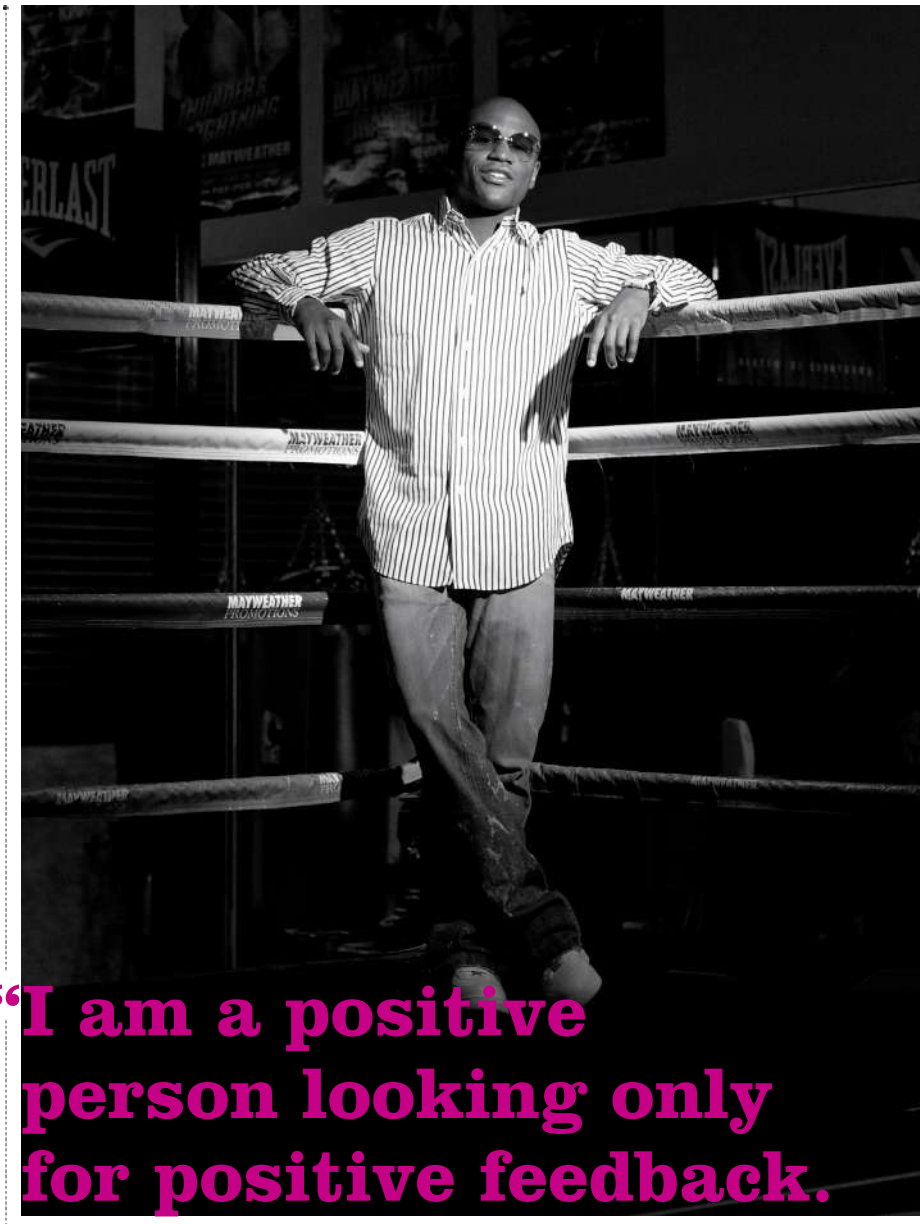
Legendary British golfer, Nick Faldo

Once, at a charity football match at Old Trafford, Diego Maradona told me that part of the preparation for winning is the *visualisation* of winning (by the way, one of my life rules is to mention that I played with Maradona to someone every day). Visualisation's not just simply 'seeing yourself win'. It's seeing yourself overcome the specific challenges and obstacles that stand in your way of winning.

Andy McCann is a really successful sports psychologist. He told me, "Visualising can have a powerful effect… the brain can't really distinguish between a visualised experience and an actual experience."

Andy works with Welsh rugby union player Leigh Halfpenny. On the morning of big games, he literally practises kicking, without a ball, in the hotel room. He goes through the exact same motions that he would for a real kick – almost an entire minute of mental preparation, stepping, breathing. In his head, it is for real. They don't talk about his technique – just what's going on in his mind.

Richard Branson told me that Virgin Airlines was entirely based on an image: "I visualised how good a flight could be, and I could feel how successful an airline dedicated to that kind of flying could be."



"I am a positive person looking only for positive feedback. If you ain't got that, you can't be around me"

Undefeated, multi-millionaire boxer Floyd Mayweather

Floyd Mayweather is someone who's taken the 'winning mindset' to the next level. He's one of the highest-paid athletes in history and, unlike every sportsperson I've interviewed, has never known what it's like to lose. He's never lost a professional fight. He told me he never even contemplates the idea of losing. Everybody else talks about the fear of defeat being a bigger drive than the love of winning. Not him.

I experienced the power of visualisation myself when Tony Blair asked me to work for him in 1994. All my friends were against it. My parents were against it. So I took a long time to think it over. But three images kept popping into my head. In the first, I was still a journalist, in the press pen, and John Major was walking back into Number 10. In the second, I'm still a journalist but it's Tony Blair walking in and I'm thinking, "I could have been part of that." In the third, Tony's walking in and I was walking behind him. That helped me make my mind up.

»

INNOVATION & BOLDNESS



"It's only by being bold that you get anywhere"

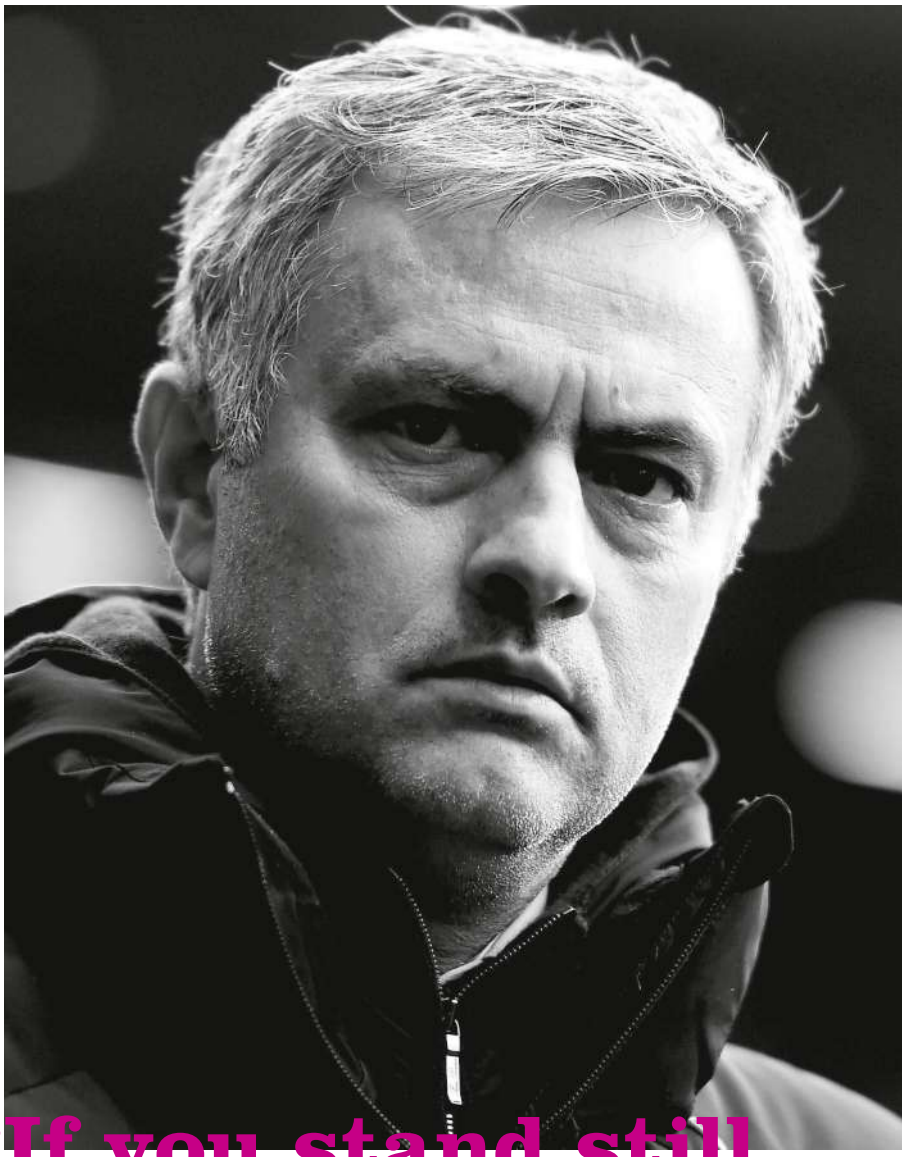
Virgin boss and entrepreneur Sir Richard Branson

People usually think innovations have to be these enormous game-changers. But most innovations – great innovations – are tiny. They make you wonder, "Why didn't I ever think about that before?"

The main type of innovation people don't usually appreciate is the type when you're focusing on improving your own performances, exploiting your own weaknesses.

Dave Brailsford, the coach who's helped British cycling reach previously unthinkable heights, innovated the idea of 'marginal gains'. He told me, "Marginal gains means looking at all the things we do and never assuming we couldn't do them better." That's probably also why Dave gets criticised by his staff for never celebrating after a win.

Ariana Huffington, who founded the first 'internet newspaper' *The Huffington Post*, put it this way: "Innovation is understanding that you are always a work in progress. It is about disrupting your own operations and looking at how they can improve."



"If you stand still, you get left behind"

Multiple-title winning football manager José Mourinho

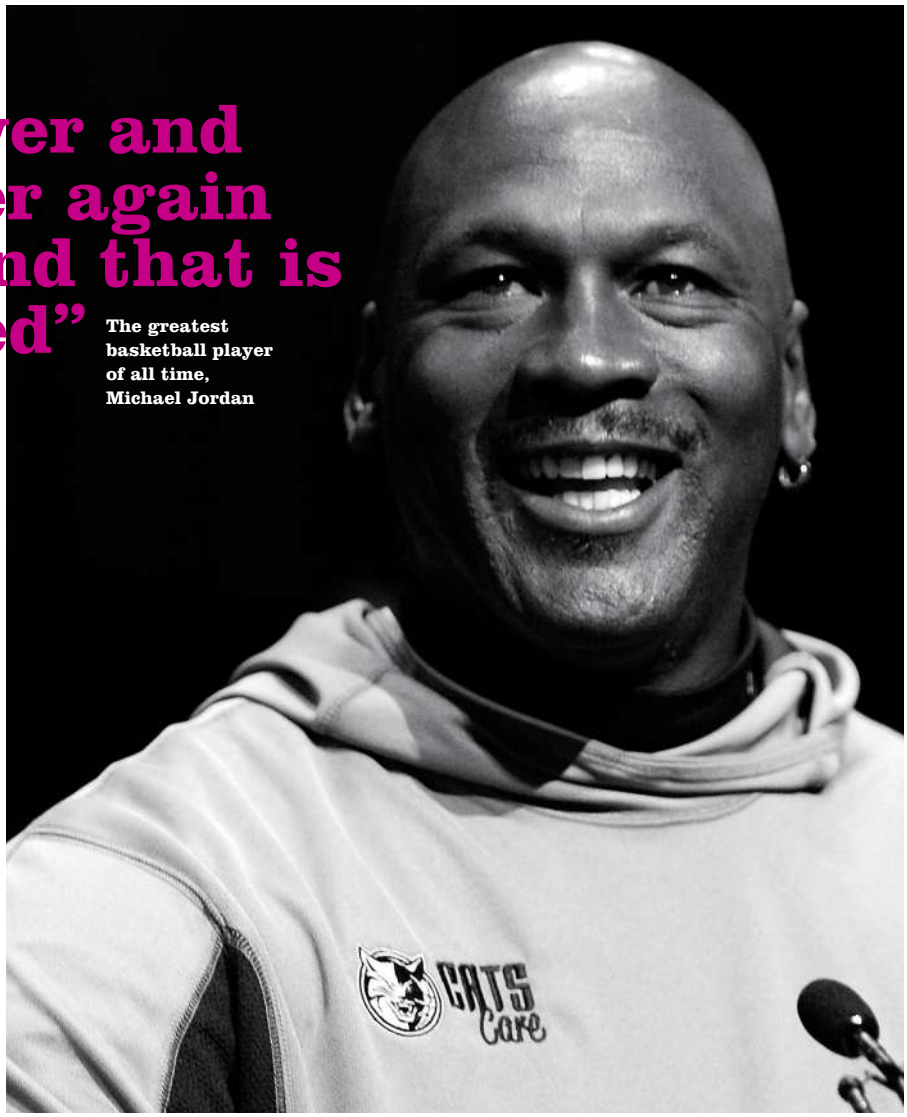
She's right – part of innovation is about addressing your own weaknesses. Working in politics, I used to have what I called Reverse Pro Zone. We'd sit down every week and ask ourselves the question: if we were the opposition – the Tories – looking at us, and they knew about us what we knew, how would we exploit those weaknesses?

That doesn't come naturally to most people or organisations because we usually want to focus only on the things that are going well for us.

Barack Obama – or at least his staff – will always be known as an innovator. David Axelrod, the President's campaign manager, said: "The thing about conventional wisdom is that it's almost always wrong." That's why, when Obama was running for president, he had no problem being the only candidate that wanted digital campaigning to be an intrinsic part of what he was doing. His opponent for the Democratic nomination, Hillary Clinton, on the other hand, "had a traditional structure, with digital 'sort of over there somewhere'".

Who knows whether Obama was a particularly digital person himself. Tony Blair didn't even have a mobile phone until he left office (and my computer skills were non-existent before I left Downing Street).

"I've failed over and over and over again in my life. And that is why I succeed"



The greatest basketball player of all time, Michael Jordan

Looking back at my time in politics, the first thing I learned is that a crisis is usually not a crisis. It's a problem. The tipping point is when the problem reaches that moment where it needs your total focus, and if you don't make the right decisions you're going to be blown away.

Once you are into a crisis, it doesn't matter whose fault it is. You have to say, "I'm taking responsibility, I'm going to sort it out and here's how."



"Even if you aren't sure of yourself, pretend that you are. It makes it clearer for everyone else"

Powerhouse editor of *Vogue* magazine Anna Wintour

The launch of Heathrow Airport's Terminal 5 is a great case in point. The whole thing was a fiasco, caused by one computer glitch. No one could find out what it was. No one knew whose fault it was. But Willie Walsh, the British Airways CEO at the time, came out and essentially said, "It doesn't matter whose fault it is. I'm taking responsibility. I'm going to sort it and here's how."

I reckon in my time in politics we had only five full-blown crises: the Iraq War, Kosovo, 9/11, foot and mouth disease and the fuel protests. I interviewed Bill Clinton about the Monica Lewinsky crisis. That could have overwhelmed him, but it just made him stronger. It goes back to what I was saying about strategy. He said, "My objective was survival, my strategy was to keep on doing my job, and my tactic was to make sure the American people knew I was doing my job. Focus on what you're meant to be doing. Let everybody else talk about the other stuff."

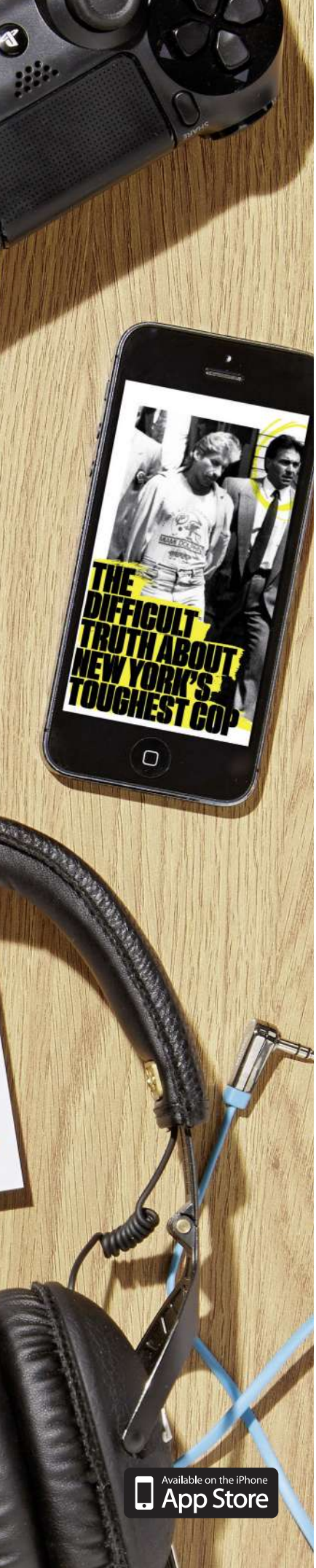
Someone who represents an enduring British winner, who understands the benefits of resilience, is the Queen. And I say that as a lifelong republican.

Before Diana's death, the Royal Family were seen as a soap opera rather than an institution of value to the country. But they changed things. TV became important, then social media. Now you'll see photos of The Queen on Facebook, walking the corridors in a head-scarf. Everything around her has changed, but she remains the same.

As to the conclusions I've reached in speaking to so many winners in different fields: business has a lot to learn from elite sport; and politics could do with learning from both. FHM

Alistair Campbell's book, *Winners And How They Succeed* (£20, Hutchinson), is out now


style news
12/14
RACHEL STEVENS POSTER
PULL-OUT POSTER!
Hooray!
GET YOUR SUMMER ON!
LAST MINUTE BEACH BODY!
THROW THE ULTIMATE BBQ PARTY!
MAKE BOSS LEVEL PIMMS!
RACHEL STEVENS
and of course
JENNIFER LOPEZ
LOUISE REDKNAPP
BRITNEY SPEARS
HALLE BERRY
ANNA KOURNIKOVA
THAT MAKE THE
WORLD
GREAT
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style news

04/15



Badged jackets are big for spring

REVAMP

JACK WILLS GETS COOL

When you think of Jack Wills, you think of preppy students living in the nicer end of town, driving Mini Coopers. Well, it's time to disregard that particular stereotype, because Jack Wills has hired a new creative director who's added some much-needed edge to the brand. The guy behind the new collection is Richard Nicoll, the genius British designer who's designed threads for everyone from the likes of Louis Vuitton to Fred Perry. Nicoll has ditched the company's notorious OTT logo hoodies in favour of modern prints, laid-back outerwear and a whole load of *This is England* style embroidered badges. How will the posh lads of Britain react to the change? Who knows. But we like it. *Jacket, £79.50; t-shirt, £29.50; trousers, £54.50, all jackwills.com*



O'Neill is still going strong, 63 years on

COLLAB

GET CALIFORNIAN COOL

O'Neill wants you to know there's more to the brand than just wetsuits and wipeouts. Check out this brand-new collaboration with LA based designer Kyle NG, full of stylish tees, tech-smart bags and snappy caps. Kyle is the brains behind AXS Folk Technology, a rad US-based brand that may not be well-known on British shores yet, but trust us, it knows how to ace casual wear. So, take our advice: fill your wardrobes with this vintage surf-inspired new collection. It is – as they say – "gnarly". *Bag, £129.99; hat, £39.99; t-shirt, £37.99, all oneill.com*

TRAINERS

FANCY FOOTWORK

March and April are dates to stick in your diary as 'new drop' months – the time of the year that brands release their creations for the summer season ahead. If you're a sneakerhead that means one thing: fresh footwear from Gourmet. Investing in a pair of these design-heavy, boundary-pushing creps is a proper smart way to spend March's pay packet. They'll see you through what's sure to be a summer of stinking hot festivals, endless barbecue's in the park and more day time pub crawls than you can shake a wobbly, sun-burned leg at.



£85
footpatrol.co.uk

£90
coggles.com

£85
urbanindustry.co.uk

£100
footpatrol.co.uk

BASICS

BECKHAM BACKS H&M

David Beckham's only gone and given a big D-Beck seal of approval to his favourite pieces from H&M's new season. Wearing them will make you roughly one percent as attractive as him. Which is still a lot, if you think about it.



£24.99



£14.99



£14.99
all hm.com

DON'T S

Spring into the new season with a sweatshirt that will get you all the right nods. Fill your wardrobe with one (or a few) of these choices…

Styling: **Carlotta Constant**
Photography: **Philip Haynes**
Grooming: **Laura Dexter**



WEAR IT



GO ALL THE WAY
Try a bright colour, even if it's a little out of your comfort zone. Paired with blue jeans and classic trainers, it's a outfit that can do no wrong.


SWEATSHIRT, £60,
STUSSY AT ASOS.COM
SWEATSHIRT, £95, LIBERTINE-
LIBERTINE AT URBANOUTFITTERS.COM.
SHIRT, £75, LECOQSPORTIF.COM
SWEATSHIRT, £270, RAF
SIMONS AT OKI-NI.CO.UK.
SHIRT, £55, BENSHERMAN.COM
SHOES, £105, NIKE.COM.
SOCKS, £14.99, HUF AT ROUTEONE.COM
JEANS, £45, WAVEN.CO.UK
SHOES, £65, ADIDAS
AT JDSPORTS.COM
SHOES, £60,
SPERRYTOPSIDER.CO.UK



SAY SOMETHING

Make a statement with a logo or graphic sweatshirt. Ones from brands such as Libertine-Libertine and Stussy will make you stand out from the crowd.


SWEATSHIRT, £44.95, PENFIELD.COM. SHIRT, £20.99, WEEKENDOFFENDER.COM
SWEATSHIRT, £210, ICEBERG AT SELFRIDGES.COM. POLO, £55, FREDPERRY.COM
SWEATSHIRT, £32, ASOS.COM. SHIRT, £50, CHEAPMONDAY.COM
SHOES, £160, TIMBERLAND.COM
SHOES, £64.99, CONVERSE AT FOOTASYLUM.COM
SHOES, £52, VANS.COM
SHOES, £52, VANS.COM



GET SMART
That's right – you can look professional in a jumper. Wear with a buttoned-up shirt, fitted chinos and dark desert boots for an office-approved look.



THE SMART SNEAKER

STYLE WORN BY: KIT HARINGTON



Pristine white shoes are where it's at. Go for an all-leather lace-up without a ton of branding, and you've got the smartest sneakers known to man.

Trousers, £70, mishkanyc.com.
Trainers, £99, lacoste.com

THE WORKER BOOT

STYLE WORN BY: RYAN GOSLING



Your staple everyday boot has arrived, so say hello to these guys right here. The perfect balance of all-american craft and timeless style makes them our winners.

Chinos, £38, topman.co.uk.
Shoes, £229, Redwing at endclothing.co.uk

THE DRESS BOOT

STYLE WORN BY: ROBERT PATTINSON



Also known as the Chelsea boot, these suede beauties are officially lady magnets. Throw on some dark blue jeans and a checked shirt for a killer combo.

Jeans, £30, topman.co.uk.
Boots, £65, riverisland.com

FOOTWEAR

THE SHOES OF LE



THE STATEMENT BROGUE

STYLE WORN BY: JACK O'CONNELL



Petrol-style, rainbow-sheened patent shoes are big news for spring. Get ahead of the trend and bust them out now with a simple pair of smart blue trousers.

Trousers, £24.99, newlook.co.uk.
Brogues, £69.99, office.co.uk

THE TASSEL LOAFER

STYLE WORN BY: GEORGE CLOONEY



This season, tailoring of any kind will go down a treat. Only the slickest of shoes will only complement your sartorial look, earning you tons of style cred.

Trousers, £17.99, newlook.co.uk.
Shoes, £125, Russell & Bromley

THE MONK STRAP

STYLE WORN BY: MATTHEW MCCONAUGHEY



Going straight to a date from your office desk? You'll want a pair of kicks that suit both situations. These leather monk strap shoes are perfect for all occasions.

Trousers, £19.99, newlook.co.uk.
Shoes, £89, dunelondon.com

ADING MEN

Put your best foot forward with the dapper footwear fit for a movie star…

PHOTOGRAPHY: MARCO VITTUR. ADDITIONAL PHOTOGRAPHY: SHUTTERSTOCK, ALAMY

PRODUCT

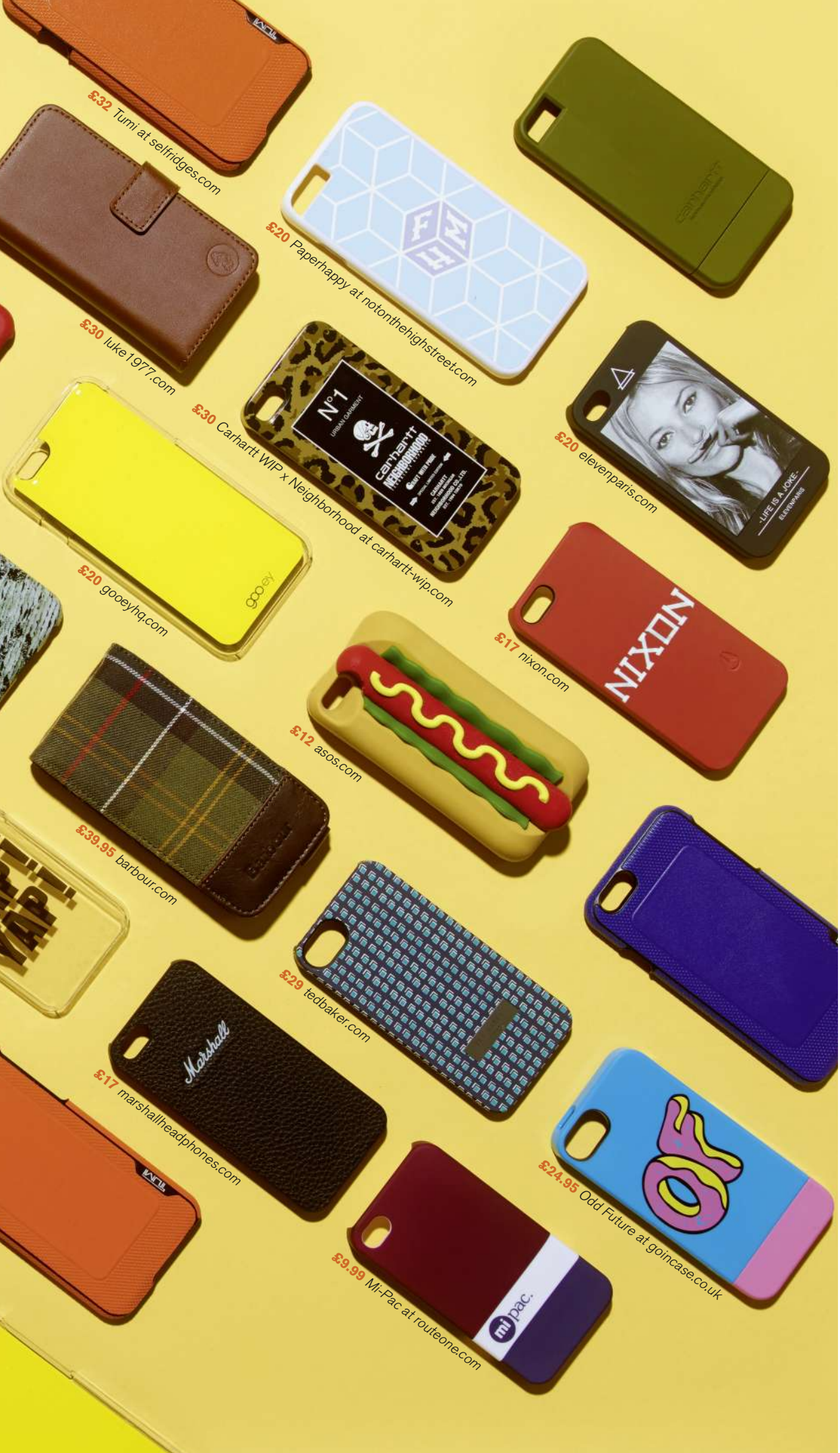
CASE MATE

Your mobile phone. You cant live without it, and you can't live with it all cracked and smashed. Protect your techy best-pal in style…



WHAT IS REALLY ON YOUR PHONE SCREEN?

A lot of germs, that's what. It turns out your mobile phone has 18 times more bacteria than a public toilet. Here's the breakdown…



FAECES
Yup, you may have poop on your phone, and it can give you worms, pinkeye and – in a circular kind of way – diarrhoea. Wash your hands after every loo trip.

E. COLI.
Toilet texting is bad news – it can transfer E. coli (the bad bacteria found in poop) to your phone. And that can give you tapeworm, an XXL version of food poisoning.

STAPHYLOCOCCUS
This bacteria can give you MRSA, a serious hospital disease which can cause blood poisoning. And death. Not cool.

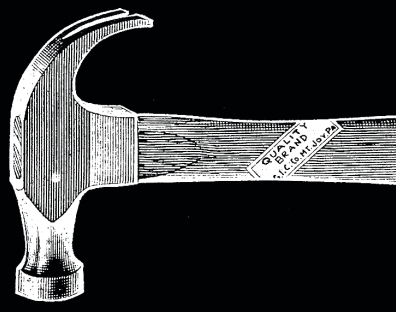
INFLUENZA
Also known as the lurgy that give you the dreaded flu.

ENTEROBACTERIACEAE
While some of this bacterial family is found in the gut of humans, the worst culprits can cause salmonella poisoning, which means dehydration and chundering. And a week off work (so not all bad, hey).

PHOTOGRAPHY: MARCO VITTUR

WHAT'S YOUR THING?

MIXOLOGIST / BUILDER / CHEF/ ASTRONOMER / DJ /
GARDENER / BAKER / DIY SUPREMO / GAMER / FASHIONISTA /
TRAINERS ADDICT / FITNESS FANATIC / FOOTBALLER /
SURVIVALIST / GADGET GUY / GUITAR WIZARD...



= THE HOW T



O PROJECT

=

FHM IS SEARCHING FOR THE NATION'S FINEST EXPERTS AND PROS FOR A NEW VIDEO PROJECT. UPLOAD A SHORT VIDEO OF YOURSELF TO YOUTUBE SHOWING OFF YOUR SKILLS AND SEND THE LINK TO

HOWTO@FHM.COM

Regretfully, we can only reply to successful applicants

WIN AT LIFE

upgrade

EDITED BY
JORDAN
WALLER

Aside from causing the usual insomnia, irritability and headaches, too much caffeine makes hard workers slack off, according to a 2009 study by the University of British Columbia

Keep the amount of devices on your desk to a minimum to avoid pointless procrastination

Take some proper time out for lunch. Eating at your desk means you take less actual breaks and never really stop working, increasing fatigue and stress

GET YOUR SHIT



TOGETHER

The new year honeymoon is over. It's now time to start putting into place all those resolutions you came up with in January. Spring clean your life with *FHM*'s guide to being super productive…

01



GO HYBRID

Microsoft Surface Pro 3 – 64GB, £639, keyboard £109.99

• The idea is simple. One device that fits any situation – home, office, meetings. The problem is, it's never as portable as a tablet or as powerful as a laptop. Times have changed. Microsoft's Surface Pro 3 is a slick hybrid tablet that's also a fully functional computer. It has more juice than most desktop machines, a detachable keyboard and zero reliance on flimsy apps that don't work as well as their full-size versions. And, spec for spec, it's cheaper than an iPad. Your dice, Apple.

02

BLOCK IT OUT

BOSE QuietComfort 25 Acoustic Noise Cancelling Headphones, £269.95



• There's a reason lots of CEOs aim to work from home at least one day a week, and it's not so that they can sit around in their PJs. It's to eliminate distraction. Offices are loud places and it's important to cut yourself off occasionally. For most, it's not really feasible to work from Sofa Town, but a good alternative is drowning out your colleagues and inbox with some noise-cancelling headphones.

03 WAKE UP TO A WORKOUT

How does Richard Branson stay so annoyingly energetic and positive all the time? He gets out of bed early and hits the gym before work. It seems counter-intuitive but exercising early increases your energy for the rest of the day. A 2008 study from the University of Bristol found that workers who did some morning exercise took 25% less unscheduled breaks than those who didn't. Stop hitting the snooze button and go for a run.



04 SORT YOUR SOUNDTRACK

Listening to music you love releases dopamine in your brain, the neurotransmitter that regulates pleasure. Ordinarily this fills you with positive energy, but at work it makes you easily distracted. The key is listening to something that's still pleasant, but that you're unfamiliar with. Enter streaming website Focus@will. Working with UCLA neuroscientists, they curate playlists that work with your brain's limbic system to put you into a hard-working, happy trance – boosting your attention span by around 400%. *focusatwill.com*



05 EMPTY YOUR POCKETS

Nobody has ever looked at a man with pockets bulging like the eyes of a bullfrog, fishing out three years' worth of receipts and Nando's cards whenever he pays for anything, and thought, "That's who I want to hire." Clean up your man purse and slim it down so you're carrying the bare essentials. You'll feel more organised and on top of things and, as an added bonus, you'll look better in slimmer trousers.
Wallet, £9.99, Mi-Pac



06 DON'T OVERHEAT

Working in a sweatbox distracts you. It makes you want to curl up into a foetal position and snooze away like you're in an office-shaped womb. Control your stress fever with a quiet office fan that has enough settings to keep your temperature consistent.



07 GET OLD-SCHOOL ORGANISED

Sure, there are a million gadgets that'll keep your day in order with minimal effort, but nothing's more satisfying than holding a diary and pretending you're Don Draper. It doesn't need a Wi-Fi signal, it won't beep at awkward moments and you can just stick it in a drawer rather than procrastinating over it all day. And you'll look dead important with it tucked under your arm.

Diary, from a selection, Muji



08 EAT BETTER

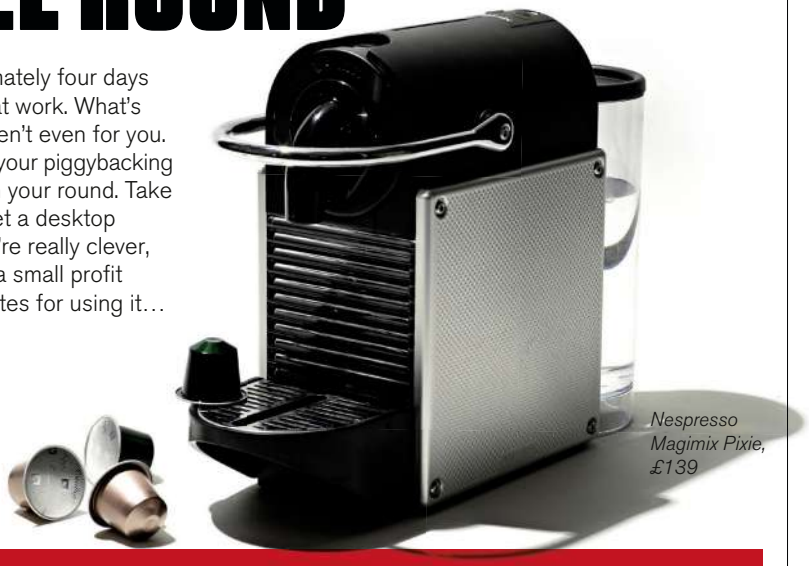
Your mind is worthless if you're not giving it the right fuel. But doing that takes time and effort, not to mention planning. HelloFresh will organise up to five of your meals every week and deliver the fresh ingredients to your door, complete with easy-peasy recipes. All you need to do is cook them and take the credit when your girlfriend asks how you suddenly turned into Jamie Oliver.

hellofresh.co.uk, prices from around £4.90 per portion



09 DODGE THE COFFEE ROUND

• Brits waste approximately four days a year making brews at work. What's more, most of them aren't even for you. – they're the drinks of your piggybacking colleagues jumping on your round. Take the upper hand and get a desktop coffee machine. If you're really clever, you could even make a small profit charging your workmates for using it…



Nespresso Magimix Pixie, £139

10 CLEAN WHILE YOU WORK

• When most of your week is spent earning your keep, the last thing anybody wants to do is head home and start cleaning. Luckily we live in a world where actual robots exist that'll do it for you – sentient beings that exist only to serve you and your filthy floors. The unsupervised Scooba 450 will scrub and mop your home into face-reflecting greatness. Sure, there's the chance it could eventually evolve and attempt to kill you in your sleep, but look how cute his little flashing, spinning face thing is…



iRobot Scooba 450, £649.99, iRobot.co.uk

11 STOP CLOCK WATCHING

• Staring at a clock and begging it to jump forward means you don't want to be at your desk and puts you in a negative mindset. The Click Clock puts time out of sight and out of mind by hiding its face unless prompted by a snap of the fingers – at which the small cube will spring to life like a time-conscious wooden butler.



Click Clock, £45.95, Ariashop.co.uk

12 GET LIT



• When you constantly sit under basement-like office lighting, your cortisol levels drop, forcing your energy to plummet and, as a knock-on effect, increasing stress. Try to sit near a window for natural light, or get a decent desk lamp with a dimmer switch you can adjust throughout the day.

13 STAY CHARGED

Our smartphones may have evolved to levels previously only seen in sci-fi films but their batteries definitely haven't. One of the largest complaints about our mobile devices is lack of charge when we need it most, causing us to miss emails, calls, texts and that crucial Tinder match. The ultra-thin Monster PowerCard carries enough power to charge your phone for an extra five hours – and it's slim enough to carry in your wallet. *Monster PowerCard, £34.95*



14 GET CONNECTED

If you travel a lot for work, you've probably been hit by the woes of expensive and hard-to-find WiFi connections. The MiFi dock is a wireless WiFi signal, so you can jump online anywhere without having to worry about the security risk of some hacker going all North Korea on your ass because you're using ropey public connection. *Netgear Aircard 785, £100, amazon.co.uk*



15 TURN YOUR WRIST SENTIENT

The concept of yet another smart device might seem ludicrous, but it could seriously boost your productivity. Having a wrist tuned into all your important updates lets you check what's important quickly and prioritise what you need to act on, without relying on distracting dual screening. *Motorola Moto 360 Smartwatch, £199.99*



MAKE YOUR SMARTPHONE SMARTER WITH THESE SUPER APPS

ALL FOR FREE

MAKE TIME FOR BAD HABITS

Organise your time so you're able to do what you need and what you want. Simply tap in your workload and all the stuff you probably shouldn't do and Timeful will suggest timeframes for each. Like having your own PA.

THE ULTIMATE PRODUCTIVITY APP

This is the most comprehensive note and file management app available. Evernote lets you type, record, take pictures, grab web pages, annotate images, set up to-do lists and everything in between – and then orders it in an easy and intuitive format before syncing across all your other devices. It's a computer in an app.

KEEP SOME JUICE

Avoid the pain of watching your phone battery drain into oblivion right before your eyes. Battery Doctor estimates your current battery life and tells you how to make it last longer based on how you're using your phone – from how many more YouTube videos you can watch to how much your emails are killing power.

GET A FORT KNOX-WORTHY PASSWORD

1Password generates complex, unhackable passwords for everything you use, then lets you create a universal password of your choice to unlock them.

HAVE A ZERO INBOX POLICY

In danger of being crushed by a toppling tower of unread emails? Mailbox helps you blast through them by either trashing messages or archiving them to be read at a time of your choice, when they'll be resent to you.



GOOGLE-ISE YOUR CONTACTS

Humin has completely revolutionised the way you'll look at your address book. Rather than scrolling through alphabetical lists, you search by moments. Want to find someone you met last week? Type 'met last week'. Your mate that sells sarnies? Search for that.

GET CLEAN

Can't afford a robot cleaner? Hassle puts you in touch with affordable (and trusted) cleaners in your local area, with the lion's share of the profit going direct to the cleaner.

STREAMLINE YOUR TIME

The key to serious success isn't working extra hours, it's learning how to get more from less. 30/30 helps you skyrocket productivity with a time-based task manager that works like a stopwatch, managing expectation and gamifying your workload.

GET MULTILINGUAL

Along with the usual type and translate, Google's own translation app has an augmented reality option, translating foreign words you point your camera at. It's probably one of the most magical things you'll ever see. Never struggle to order a beer abroad again.

TAKE THE RIGHT ROUTE

Currently set up for London and Manchester in the UK, but constantly expanding, City Mapper is one of the best travel apps. An invaluable bus, train, car and walking route planner to help you escape bad dates, running late for work and everything else.

OPEN ANYTHING

Don't get stuck with an email attachment you can't open. It sounds basic, it even sounds a little bit dull, but the GoodReader app will make life easier when you least expect it.

SCAN ANYTHING

Turn your phone into a high-quality document scanner. The app turns whatever you aim it at into an easy email-ready PDF. Just point and click, then choose whether you want a full colour or greyscale scan.

BE A PLANE SPOTTER

Flying somewhere? Get live updates on your plane and how long it'll take to arrive. Not flying anywhere? Simply point it at the sky and get an update of what's flying above you. Unless you're a globe-trotting James Bond character, you won't need it on a daily basis, but you'll find it weirdly addictive…

PHOTOGRAPHY: DAN MATTHEWS. PROPS: STATIONARY, FROM A SELECTION AT MUJI, MUJI.EU. MAC WALNUT DESK TOP, HABITAT, HABITAT.CO.UK

5 THINGS YOU DIDN'T KNOW YOUR IPHONE COULD DO

MAKE SIRI YOUR MUSIC SCOUT

Want to know what song you're listening to without resorting to space-hogging apps like Shazam? Just ask Siri to 'name that tune'.

HIDE YOUR DODGY SELFIES

Avoid your own Fappening leak by selecting the dodgy snap and holding your thumb down on it. You'll get an option to 'hide' it that'll make it vanish from all main folders.

TURN YOUR COMPASS INTO A SPIRIT LEVEL

Load up the usual compass app and, once you've calibrated it, swipe right. The whole thing will turn into a highly accurate digital spirit level.

FIND A SPECIFIC WORD ON A WEB PAGE

Load the page you want in Safari and type the word you're looking for in the search bar. Before hitting search, you'll get a choice of Google Search or 'On This Page' Choose the latter.

GO STEALTH

Ignore iMessages without anyone being tipped off that you've read them. Simply go to Settings > Messages > Send Read Receipts > Off. You're officially off the messenger grid.

Your next city break

FHM heads to Europe's coolest capital, Berlin, to knock back Pilsner, eat hanger steaks and take in a bit of snooker…



Go krazy in Kreuzberg

Get a feel for the 'cool' Berlin that everyone talks about by heading for a few steins in Kreuzberg. You'll think you've stumbled into the bad part of town where nobody uses tills and the bar staff free-pour measurements but there are all sorts of watering holes, from candlelit speakeasies to wooden treehouses with loads of beds in them.

Know before you go

Travel
Berlin has two main airports: Berlin Schönefeld and Berlin Tegel. British Airways offers return flights from £90.

Stay
We stayed at The Art'otel Berlin City Centre West where double rooms start at €89 (approx. £65) and the i31 Boutique Hotel in Mitte where double rooms start at €95 (approx. £70).

Drink
A pint costs around €4-5 (approx. £3).



Marvel at the wall
In the 1940s, Mauerpark was better known as one of the Berlin Wall's 'death strips'. Now, the area (near part of the wall that still stands) has been put to better use; it's now famed for its Sunday markets and open-air karaoke. Pick up retro knick-knacks, fresh bratwurst and a bottle of Pilsner while taking in one of the last remaining relics of a darker era.



Play ball with pros
We were snooker virgins, so Germany might seem like an odd place for *FHM* to discover a new love for the sport. But when we stopped by the German Masters with 7,000 snooker enthusiasts, we were converted by TV network Eurosport's huge international coverage of the sport. A chance meeting with Jimmy White even saw us getting schooled by 'The Whirlwind' himself. You don't get that at the Crucible.



Sleep with soup cans
The Art'otel Berlin City Centre West is an uber-slick hotel homage to artist Andy Warhol. His work is dotted throughout in the form of soup cans and banana prints; our room had carpeted Warhol 'art-walls' and a freaky giant portrait of the man himself above our bed. Thankfully, we drank too many cocktails in the hotel's New York-inspired Factory Bar to really notice him…



Drink some hipster juice
It looks like beer but it tastes like old tobacco that's been dropped in a dirty puddle. Originated in 1924, Club-Mate is a bizarre, super-charged organic caffeine drink that's apparently something you 'just have to try' according to a random man on the street who looked like he'd not slept for several days. Probably due to downing copious amounts of this stuff. You'll never want Pro Plus again. Or sleep.



Get a sky-high lunch
Western Berlin is quite commercialised (and pricey), but look in the right place and you'll find gems. The NENI Restaurant – above the 25hours Hotel – is 10 floors up, decorated with foliage and has panoramic views of the Kaiser Wilhelm Memorial. Go for their hanger steak, perfectly cooked to medium rare.

Four tips that'll make your trip to Berlin easier

TELL THEM YOU'RE TIPPING
In Berlin you're expected to pay for things as soon as the bill arrives with no time to mess around. If you're tipping, say so when you pay and specify the amount to avoid frowns.

DON'T TRUST GREEN LIGHTS
Jaywalking is illegal so wait for the green man, even if there isn't any traffic. Oncoming cars also has a habit of ignoring lights, so stay alert if you don't want to die.

SMOKE FREELY …SOMETIMES
You can smoke indoors in a lot of bars but make sure you check before you light up. Especially if you're in a hotel, huddled in a corridor, at 4am and don't want to be shouted at by a furious member of staff…

WATER IS NOT FREE
If you order tap water in a restaurant you'll either be regarded as a cheapskate or be informed it's not even an option. Or, in *FHM*'s case, be served a bottle of still water and get charged €9.

PHOTOGRAPHY: SHUTTERSTOCK

Get shiny gnashers

Turn your teeth from coffee-stained terror fangs into the type of pearly whites usually reserved for red carpets and US daytime soaps…



Dr Sameer Patel is the clinical director of the multi-award-winning London dental practice Elleven, where he looks after the oral ivories of the rich and famous, transforming them into carpet-ready smiling machines. Here's how you can do the same…





01

THE RULE OF TWOS

"First and foremost, if you want a Hollywood smile, you need to brush your teeth. It sounds obvious, but only half the nation actually brush their teeth the recommended twice a day, with one in 10 people forgetting to brush at all. If you're not cleaning your teeth, you'll naturally pick up stains. Brushing twice a day for two minutes is the first thing that will keep your teeth whiter – the rule of twos."

02

FIGHT DRY MOUTH

"Tea, coffee and red wine are the classic usual suspects that'll ruin your white smile, but you can fight them. From a chemical point of view, caffeine is a natural diuretic that dries out your mouth, so you won't have enough saliva to rinse away any bacteria. This is also a big cause of bad breath. Alcohol is similar. The best thing is to do it like the Italians and drink a glass of water with your coffee or tea."

03

DITCH THE MOUTHWASH

"Generally speaking, mouthwashes are rubbish. It's just lazy cleaning. If you brush your teeth well enough, it'll make no difference. It's a psychological breath freshener and you really don't need it. If you use anything, go for an actual dental product like Fluoriguard from Colgate – you can get it from your dentist. It's got fluoride in it, which is really good for your teeth. Swill some after lunch for an extra hit to prevent decay."

04

GO SOFT

"You can't brush too much but you can brush too hard, which could see you rubbing away the enamel of your teeth and causing your gumline to recede. Neither of which is a good look. I always recommend a soft brush. It feels nicer and is more than enough to remove the grime and bacteria that builds up between brushing without any damaging effects."



Nova mirror, £60, habitat.co.uk

If you must use mouthwash, choose one that contains fluoride, which strengthens tooth enamel



Brushing twice a day with a fluoride toothpaste reduces decay by up to 40%

05

BLEEDING GUMS

"Brushing your teeth hard won't make your gums bleed. Gum disease will make your gums bleed, so if they're bleeding, visit your dentist and ask to see the hygienist. It's a myth that over-scrubbing causes this, and lots of people just ignore it when 90% of the time it's due to gum disease and it could be a lot worse than you realise."

06

BRUSH BEFORE BREAKFAST

"Brushing your teeth after breakfast is one of the biggest mistakes people make. Always brush before to get rid of all the bacteria that's developed overnight. If you brush afterwards, the sugars in your breakfast will have already activated the decay process and started to demineralise the teeth, which means you're just brushing away the demineralised enamel and actually aiding decay."

07

GET CHEWING

"Gum is brilliant for you. It increases saliva flow, which reduces the acids that form after eating a meal and holds back your decay rate, which is obviously beneficial for your smile. Plus, it'll get rid of the dreaded 'teacher' breath you get after necking your morning coffee. People should carry chewing gum with them everywhere really…"

08

GET A BLAST OF WHITE

"If you want to go that extra mile, you can also look at teeth-whitening. You basically have two options – that tray system you do at home or the surgery power whitening. The best treatment is a new technology called PrevDent, which rebuilds enamel and can offer zero sensitivity. It's essentially sealant that builds itself into broken enamel and porous surfaces, reducing sensitivity to the whitening."

Tongue cleaning is clinically proven to be one of the most effective ways to kill bad breath





Electric toothbrushes oscillate so you don't over-scrub. Oral-B Pro 650 Electric Toothbrush, £29.99, oral.co.uk

Brushing only reaches three sides of your teeth. Floss once a day for a deep clean



4 things that'll make you smile (but probably shouldn't)



Old people texting
"Hahaha, look, your gran thinks LOL means lots of love…" Classic.



Antony Costa
70% man, 30% potato with a penchant for public urination and yet against all odds he was in a boy band. Hope for us all.



Trying out different facial hair while you shave
Find us a man who hasn't tried to do a Charlie Chaplin tash in the privacy of his bathroom and we'll show you a liar.



UFC knockouts on YouTube
Big men getting knocked down by even bigger men inside cages to rap music. Primal LOLathon.

PHOTOGRAPHY: ROWAN FEE. ADDITIONAL PHOTOGRAPHY: SHUTTERSTOCK

The return of the champ

There are hot hatches and there are hot hatches. And then, there's this one. Make way for The Daddy…



01

WEIGHT WATCHER
The Trophy-R is 100kg lighter than even the Renaultsport 275. That's like chucking a whole panda out of the window.

02

ROAD RUNNER
The Nürburgring lap time for the Trophy-R is just 7 minutes 54 seconds – faster than a Ferrari F430.

03

TAKE A SEAT
Inside is stripped out and refitted as a track monster. That means a roll cage and polycarbonate Recaro racing seats.

04

REINVENT THE WHEEL
The Michelin Pilot Sport Cup 2 semi-slick tyres are the same as those found on the Ferrari 458 Speciale and the Porsche 911 GT3.



RENAULTSPORT MÉGANE TROPHY-R
PRICE: £36,430
LIKELY REPAYMENTS: None. It's sold out already.
ENGINE: 2.0 turbocharged petrol
POWER: 275bhp
0-62MPH: 5.8 sec
TOP SPEED: 158mph
ECONOMY: 37.7mph/ 68.9mpg

There are those who would argue that the hot hatch is the pinnacle of man's motoring ingenuity. We wouldn't argue with them. It's easy to see how all human life has conspired over the millennia to create this one brilliant object. And who's currently topping the league for the ultimate hot hatch? Ford? VW? BMW? No, it's Renault. For some reason, the car manufacturer is often forgotten in The Great Hot Hatch Wars but low and behold, the finest hot hatch in the world has arrived and it's wearing a beret.

But what happens when you take a Renault, strip it out and boost it even further? You get hot hatch nirvana…

THE BIG QUESTIONS

Why should I be excited about this?
This isn't just a Renault, it's from Renaultsport. If there's anything that Renaultsport truly knows about, it's making small cars that go fast. The Mégane 265 is the best hot hatch in the world, beating even the Golf R and Focus RS.

What makes this one so special?
The Mégane 265 goes like a rocket and handles like a dream, but it's still a quintessential hatchback, perfect for trips to the shops and taking the kids to football. The Trophy-R focuses on the driving experience; Renaultsport has set out to see just how far it can take things.

So what has Renaultsport done?
In addition to the usual Mégane 265 body, you get light skinny alloys, composite springs, a titanium sport exhaust, 10 extra horsepower and red Trophy decals. And adjustable dampers, so you can get the suspension just how you like it.

Renaultsport has also given it the Slimfast treatment: there's no air conditioning system (-6kg), no radio and Sat Nav (-1.4kg), no auto lights and wipers, no rear wiper (-1kg) and no sound-deadening (-21kg). The latter means you hear every inch of tarmac you race across. You also get Michelin Pilot Sport Cup 2 tyres that are optimised for track use.

Sounds good. What does the inside look like?
Like it's been seriously screwed with. First off, the back seats are gone. In their place is a large roll cage and a racing net for… well, we're not really sure what you'd need the net for. The front seats have been replaced with two Recaro racing seats, and our car had the optional three-point racing harnesses. There's also a lovely Alcantara steering wheel.

Woah! This isn't some wanky track-only car is it?
Not at all. This car will happily make the most of any B-road like a true hot hatch should, but it's definitely on the extreme end of the market. Take one out on a track day and you'll watch it humble a lot of far pricier metal.

What does it feel like to drive?
Epic. Renaultsport's Mégane Trophy-R is the quickest front-wheel drive production car ever to lap the Nürburgring. It's both thrilling and flattering, always ready to surge forward with great gob-fulls of speed but never unwieldy. The steering inspires huge confidence on the twisty stuff.

What's the street reaction going to be?
People will think you're a lairy monster who cares for nothing but going stupidly fast around roundabouts.

I love it. Where can I get one?
You probably can't. This car is so special that only 30 will be produced in the UK (250 worldwide). It's an exercise in car creation that defies logic, but Renaultsport is doing this because it can. It's an instant classic, one to spot rather than to buy. But if you do manage to see one, you'll know that you've witnessed something incredible. But the hot hatch wards never end. Ford's new Focus RS is around the corner and for the first time, it's coming with four-wheel drive… **FHM**

REANULTSPORT'S (UNDERRATED) GREATEST HITS

You should love Renaults more. Seriously. Here's why…



CLIO WILLIAMS (1993)
A little car built to celebrate Renault's relationship with the Williams F1 team. This motor sold so fast that Renault had to double the planned run.



CLIO V6 RENAULT SPORT (2001)
Why would you ever put a V6 in a car this small? Who cares, we're glad it happened. It had so many scoops that it looked like something from *Star Wars*. Still seriously desirable.



MÉGANE 230 R26 (2006)
A brilliant car that you can pick up for about £8k. All the chassis and suspension excellence you'd expect from Renaultsport is here.



MÉGANE R26.R (2009)
Built to celebrate Renault wins in F1, this extreme version had a carbon-fibre bonnet and the glass was replaced by polycarbonate for further weight saving.

WORDS: CONOR MCNICHOLAS

Which British breakfast is king?



FHM **sets out with Sam Ashton-Booth, sous chef at London's Michelin-starred Story restaurant, to test the high street's best brekkie offerings…**



Traditional full English
Wetherspoons
Price: £4.49

First impression
"Nicely presented on a lovely plate, it's very inviting. If I were hungover right now, I'd be quite excited about eating it. Although being in a pub this early in the day would freak me out."

Taste
"Mostly good: the sausage is great and has some kind of herb in it. The bacon is slightly dry but it's relatively fresh and the egg is perfectly runny. The tomato is a bit raw but a lot of people don't bother eating them anyway."

FHM's verdict
Britain's leading pub chain gives you exactly what you'd expect from a proper breakfast. Despite its low cost, it doesn't scrimp on quality. Eating it in a pub is bit awkward.
3.5/5



Ham and cheese croissant
Starbucks
Price: £2.84

First impression
"Surely it defeats the point of ordering a fluffy croissant just to squash it into becoming a toastie. Although, this one has been toasted very well…"

Taste
"Wow… this is incredibly dry. And surprisingly difficult to eat. It's going everywhere. The ham tastes really cheap and watery."

FHM's verdict
So fragile that the whole thing explodes as you eat it. It leaves you looking like you've chowed down in a sawdust factory – and it tastes much the same. Poor effort from the world's largest coffee house.
1.5/5



"Go for unsmoked bacon," says Sam. "If the bacon tastes alright when it's not been smoked, it's good quality. It's not masking anything."

PERFECT BREAKFAST TIPS



Sam advises: "A steady, medium heat is perfect for frying eggs. If the pan is too hot, the bottom cooks but the top will stay runny. If the pan is too cool, the egg will take ages to cook."

"Never prick your bangers," says Sam. "It releases a lot of fat which is where your flavour comes from. Just keep an eye on the temperature to ensure they don't get too hot and explode."

Waiting time: 40-60 seconds



Bacon and egg McMuffin meal
McDonald's
Price: £3.40

First impression
"The bacon doesn't look crispy enough but I'll overlook that because of how nicely toasted the bun is, and the fact that the whole thing is warm."

Taste
"The muffin is too thick but overall, it's good. The tomato sauce could bring in a bit of moisture. The egg is great considering how weird it looks. Exactly what it needs to be."

FHM's verdict
A breakfast icon that's instantly recognisable by everything from its scent to those ridiculous round eggs. When it comes to convenience, consistency and overall taste, the Golden Arches beats them all.
4/5

Winner!

Waiting time: Instant, just grab and pay



Bacon and egg roll
Pret a Manger
Price: £2.80

First impression
"The bread is brilliant. It's focaccia, I think. The bacon looks like it's been cooked to a nice degree, it's just a shame about the sad looking omelette hanging out of the side."

Taste
"It's mostly just bread really. Admittedly, it's good bread but still, where's the rest of my breakfast?"

FHM's verdict
Not a terrible effort, but Pret should have probably spent more time making sure that the filling isn't just 'filler' so that it matches up to the premium quality of the next level soft bread roll.
2.5/5

Waiting time: 2 minutes



Breakfast mega melt
Subway
Price: £1.99

First impression
"Watching it being assembled was quite off-putting. It's got sausage, bacon, cheese and an omelette in it, but it didn't look very fresh, they should probably have made it out of sight. I guess it does look a lot better now that it's toasted though."

Taste
"The only positive characteristic to this is that it's hot. This is genuinely unpleasant."

FHM's verdict
It's less of a collection of tastes and more of a mismatch of textures. Not good.
1/5

PHOTOGRAPHY: ALAMY



FHM Girlfriend

Ekaterina

Don't get on the wrong side of this Siberian karate-loving, vodka-drinking lady…

James Lightbown

Nick Pope



From: Siberia
Occupation: Model
Age: 29
Instagram: @ekaterinazalitko
Likes: Being active, beards, strawberry ice cream, making money

FHM: **Ekaterina Zalitko – that's quite a mouthful! Whereabouts are you from?**
Ekaterina: You'll never guess. I look completely different to where I'm from. I'll give you three guesses…
Russia?
Yes!
Oh, that was easy.
Well, Siberia. In a little town that sits right next to Kazakhstan.
What was it like for the people of Kazakhstan when the film *Borat* came out?
Well, it certainly made the place very famous, but it's obviously nothing near the truth. People were pretty outraged, but I thought it was hilarious. I like a good laugh.
We hear it's pretty darn chilly down in those parts?
It falls towards -50C in the winter. People say that Russians aren't afraid of the cold – we are, but we just know how to deal with it better than you guys.
By drinking vodka?
It helps, but we don't just down a shot every time we go outside to the shops. We're not fans of long drinks over in Russia – we like very strong spirits. And we don't do ice: we get enough of that already.
So you could outdrink us then?
I don't drink much nowadays, but yeah, obviously I could. I have a very high tolerance with alcohol.
What other bar tricks do you have?
None! I wish I had a longer tongue that could reach the tip of my nose. Now, *that* would be impressive.
It certainly would be. So what else have you got on the cards?
I recently had a role in Guy Ritchie's next film, *The Man From U.N.C.L.E*, but it's only a tiny, tiny part. I'm one of the pit girls at a car race.
Are you and Guy best mates now?
I didn't get to talk to him too much, but watching him work was amazing. I loved the fight scenes in *Sherlock Holmes*, and watching from behind-the-scenes was so cool.
Are you an all-out action girl?
It's my favourite genre – the films inspire me to pick up new, kick-ass skills. I'm actually a brown belt in karate, and I'm learning Kendo, which is a type of sword fighting. »



We won't piss you off then...
It's for my acting. You won't catch me karate chopping people for fun, don't worry. The whole philosophy of karate is 'one chance, one life' so it'd be a bad of me to lose my temper and use it. The only time I'd strike is if you grabbed at me in a bar.
Have you had people do that?
One guy felt up my bum, so I turned around and slapped him straight around the face. I think he enjoyed it, because he just looked back at me and smiled. Strange man. I haven't got time for sleazeballs.
How could we impress you?
I'm constantly dancing when I'm out although you don't need to have the moves to get my attention. If you want to impress me, just have good manners. If you're trying to approach me, you've just got to come up with something smart.
So how do British guys rate on the manners scale?
I love British guys. It's the accent...
OK, so we've charmed you: where do we take you out on a date?
A very nice Italian restaurant, and *you* pay the bill. We'll sit and chat

"Action is my favourite genre – it inspired me to learn Kendo sword fighting"

over a couple of glasses of wine, and then head off to wherever you've planned for afterwards. It's your mission not to let me get bored.
What should we talk about?
Something interesting...
And what are your interests?
Well, I like keeping active, martial arts, sleeping naked...
Is that why you moved away from Russia? Because it was too cold to sleep in the nude?
We had 24/7 heating, so I could do it all I wanted. It's in England where I struggle – your houses are freezing!
Damn our cold houses. And what should we wear on our date?
Suits are sexy. Any colour will do – well, almost. Yellow and pink polka dots might be a bit too much. You should have a moustache and beard, too. FHM



Quick-fire round

Heels or trainers?
Heels
Football or foot rub?
Foot rub
Chocolate or crisps?
Chocolate
Beach or pool?
Beach
Sofa or gym?
Sofa
Dogs or cats?
Cats
Ice cream skittles?
Ice cream
Breakfast or dinner?
Dinner
Marshmallows made of clouds or clouds made of marshmallows?
Clouds made of marshmallows
Boat ride or limo?
Boat
Bum or boobs?
Bum
Beanie or bikini?
Bikini
Pint or prosecco?
Prosecco

Ekaterina's life this month: @ekaterinazalitko



Rehearsing in front of a blue screen



Finally in the kingdom of pillows and dreams



Goodbye #CapeVerde – I will miss you a lot



Finishing a shoot #modelling

PHOTOGRAPHY: JAMES LIGHTBOWN. HAIR AND MAKE-UP: CHARLOTTE GASKELL AT LHA REPRESENTS. HAIR AND MAKE-UP ASSISTANT: ROSANNA LAPNA. STYLING: EMMA LIGHTBOWN. CLOTHES: LINGERIE, NIGHT PROWL, NIGHTPROWL.LONDON; CARDIGAN, AMERICAN APPAREL, AMERICANAPPAREL.CO.UK. SHOOT ASSISTANT: STEPHANIE BURNS

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Greyhours is the result of thoughts around the watchmaking industry.
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True story:

"The cell floor resembled a mass grave. The smell of human faeces was so strong I wanted to vomit…"



KLONG PREM CENTRAL PRISON, BANGKOK

Growing up in working-class Liverpool in the '70s, there weren't many opportunities for Billy Moore. But then he discovered boxing, which took him off the streets and into the gym. As his fighting ability grew, so too did his ambition.

He moved to Thailand in 2005 to learn the art of Muay Thai kickboxing. He was an instant hit on the country's fighting circuit and was drafted in as a stuntman on the fourth Rambo *film, starring Sylvester Stallone.*

But a devastating motorcycle accident in 2007 left him dependent on painkillers, which turned to hard drugs. Within months, Billy's life descended into chaos, drug dealing and violence in Thailand's brutal criminal underworld. He was imprisoned in Klong Prem, a place where life has no value. There followed a terrifying fight for survival…

"WHEN A THAI CASTING AGENT SAW ME TRAIN IN THE GYM AND OFFERED ME A PART IN *RAMBO 4*, I THOUGHT ALL MY DREAMS HAD COME TRUE. I'd been boxing since I was a kid and had moved to Chiang Mai, Thailand, to compete with Muay Thai boxers and train with some of the most skilful martial arts mentors in the world.

"To my surprise, she asked me if I'd be Sylvester Stallone's stunt stand-in. I literally fell to my knees. Within a couple of weeks, I was working alongside the big man himself. I felt like I was living someone else's life. I was so sad when filming ended. Little did I know that my life would soon crumble around me."

"I HAD A TERRIBLE MOTORBIKE ACCIDENT WHILE TRAVELLING IN LAOS. It left me with injuries so severe that I required heavy doses of morphine to stem the constant pain. The painkillers eventually led to heroin and yaba (a strain of methamphetamine). I became addicted. By 2007, I was mixing with some seriously unsavoury characters from the seedy underbelly of Bangkok. I was fighting on the underground circuit, which is nothing like the official competitions tourists go to. On the underground circuit, nobody smiles. It's all about gambling and drugs. I was taking yaba every time I fought."

"AFTER A WHILE, I STARTED DEALING YABA TO SUPPLEMENT MY FIGHTING INCOME. Deep paranoia soon set in and I was buying guns, filling my bedroom with weapons. It got to the point where I would only come out at night, full of fear and rage. My life became all about money, property and prestige. Everything else went out of the window, including boxing. I was living in a fantasy world of drugs, guns and ladyboys. I made a lot of enemies and, in the end, one sold me out to the police. I was arrested for gun possession and handling stolen goods. Paraded on national television and degraded in newspapers, I was sentenced to three years in Klong Prem – one of Bangkok's largest and most notorious jails. I felt scared, alone and ashamed."

"THE FIRST TIME I WALKED INTO MY CELL WAS LIKE HEADING INTO THE LION'S DEN. The room was big, but not big enough for the 70 people it held. I was shackled in elephant chains weighing 30kg. The cell floor resembled a mass grave, with arms and legs all over each other. The smell of human faeces was so strong I wanted to vomit. I saw a motionless body on a stained mattress, insects hovering over him. 'My God,' I thought. 'Is he…?' When I dared to look again, my worst thoughts were confirmed. He was dead.

"I spent that night lying wedged between the dead man and a ladyboy named Tiffany. It wasn't the last dead body I'd see there – and I soon discovered that every day would be a struggle for my own survival.

"Getting enough food was a daily challenge. Once a day,



IN THE RING IN CHIANG MAI READY TO FIGHT, 2005

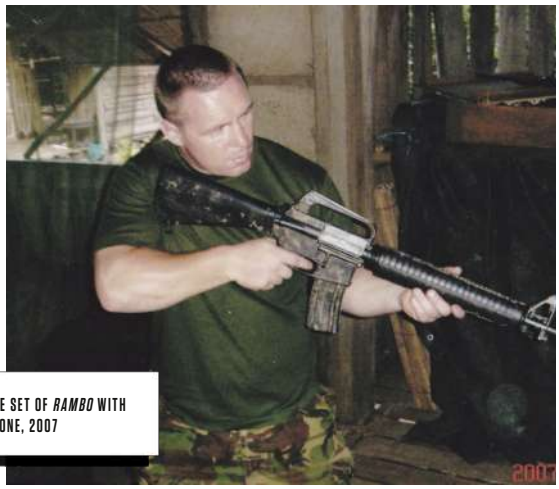




BANGKOK MUAY THAI COMPETITION, 2006



ON THE SET OF *RAMBO* WITH STALLONE, 2007



you'd be given a meal – rice, a liquid of some sort and some inedible meat. It might be a chicken's head with the eyes intact or snake. Usually, though, you couldn't identify it. But we were starving so we just ate it."

"I SAW THINGS IN THAT PRISON YOU COULDN'T INVENT IN YOUR WORST NIGHTMARES. I saw men literally commit suicide by furiously stabbing themselves in the neck.

"I witnessed a lot of rape and murder – including a young guy who got stabbed 50 times by another inmate. To this day I'm haunted by his screams. There were a lot of gangs in prison and I had many threats of violence – they didn't like foreigners much.

"There was one group called the Samurais who were all infected with HIV. They would make syringes from biros and needles into which they'd suck their own blood and stab people with. I owed them money for crystal meth and, one day, they surrounded me waving their makeshift syringes. They gave me one day to get the cash. I was terrified. I'd seen them stab people before. Luckily, that day the missionaries made their monthly visit. I begged with this lovely Australian woman called Catherine, who asked me if I believed in God. I said, 'If you pay this debt, I'll believe in anything'. She did and I was saved."

"THAT WAS THE MOMENT I DECIDED TO STOP USING AND START LIVING. I was in a downward spiral that could only end in one way: like my lifeless bedfellow that first night. I'd seen too many others fall by the wayside. I wanted to live. I wanted to see my mother once more before I died.

"I learned Thai properly and soon became fluent. I read every book I could get my hands on and fought on the prison's boxing circuit. I documented everything I saw on paper.

"But because I was no longer using drugs, I became cripplingly hungry. I had no money left to buy any and began to waste away. I had to find a way to eat.

"Then I noticed a group of Muslims eating what looked like really lovely food. They must have seen me looking longingly at them because they invited me to join them. I can't describe the joy of feeling full after so long with an empty stomach. I asked them if I could come back the next day but they said the food was for the Muslim Brotherhood only.

"The next day I got hold of a skull cap and shirt and told them my name was Yusef Mohammad. They didn't bat an eyelid – just sat me down and fed me. For the next year I lived as a Muslim. Of course they knew I was blagging it, but they still welcomed me. They offered me a comradeship I hadn't felt in years. I no longer felt alone. And that is a feeling no money in the world can buy." FHM

Prisoners Abroad (prisoners abroad.org.uk) supported Billy with a survival grant during his incarceration

What happened next?

01 **Billy was transferred to London's Wandsworth Prison in 2010 to serve the end of his sentence. "It was like a Premier Inn in comparison," he said.**

02 **But he was a shell of a man. He couldn't sleep on a bed, choosing the floor instead, and awoke screaming most nights.**

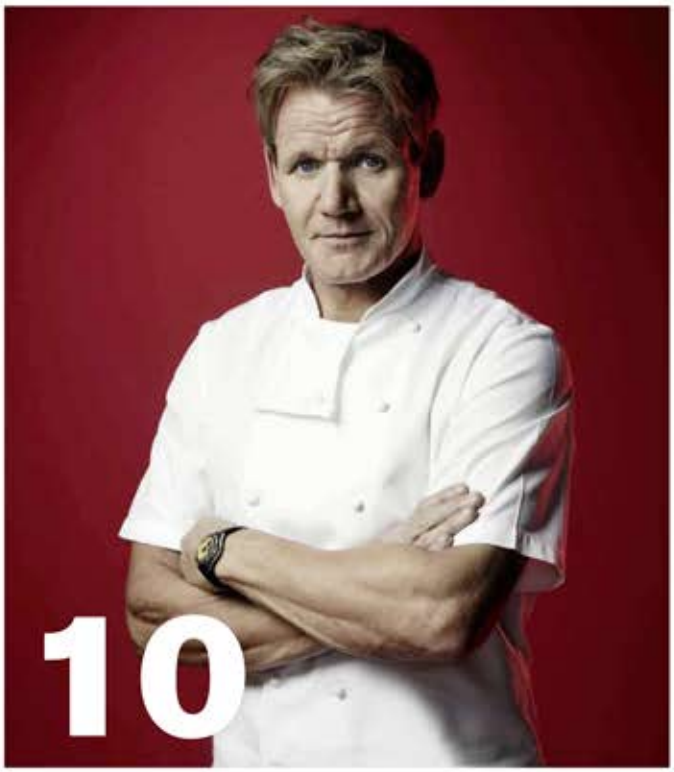
03 **Upon his release, he began using drugs again, but after hitting "rock bottom" he began converting the notes he'd made into a narrative of his experiences. That gave him the power to kick drugs once and for all.**

Billy has written a book, A Prayer Before Dawn, *about his time behind bars, a film of which is in production, and works as a mentor on a drugs-recovery programme*

WORDS: MATT BLAKE. PHOTOGRAPHY: CORBIS

THE FINAL COUNTDOWN

TEN OUTRAGEOUS LIES YOU SHOULD START TELLING PEOPLE ABOUT YOURSELF



"I'M RELATED TO GORDON RAMSAY"

The crumpled-duvet-faced cook is just the right type of famous to be believably related to very normal people. People like you, for example. People who could very easily take a screen shot from *Ramsay's Hotel Hell* and Instagram it with the caption, "Cousin Gordo's getting a bit heated in the kitchen again, lol!"

09

"I HAVE A NANDO'S BLACK CARD"

We live in an age where social status is defined by how worthy of free chicken you are, so this is perfect for impressing friends and family. Of course, they don't need to know you're actually carrying a 582% APR credit card with a Nando's sticker on it. Everyone will be far too preoccupied with chicken sweats and being your new best friends to quibble over the details. You, on the other hand, will be worrying about crippling repayments and impending financial ruin. But hey, free chicken! Sort of. You're pretty much Ed Sheeran.

08

"I'M EMIGRATING"

Get out of work commitments, social occasions or relationships with an elaborate emigration scam involving a bogus 'bon voyage' party and photoshopped Facebook snaps of you in front of world landmarks. Just make sure you get a decent fake tan before you return to real life.

07

"I WAS A JUROR IN AN EXPLOSIVE MURDER TRIAL"

Thanks to the popularity of *Serial*, all anecdotes must now involve intricate knowledge of crime scenes and murder. Avoid being a total social pariah by fabricating an entire case, complete with your own homemade 12-part podcast.

06

"I INVENTED THE SELFIE STICK"

"Yeah, so I was on holiday in Japan, and I asked this bloke to take a picture of me, and it started raining so I got my extendable umbrella out, and he got all excited, right, and it turns out he was like the Japanese Alan Sugar..."

05

"I WAS IN *MIDSOMER MURDERS*"

Lying about being on telly is easy and will win you instant kudos. The trick is not to aim too high. You played 'bandaged man in waiting room' in *Casualty* in 1999? Believable. Drunken punter in the Woolpack? Completely possible. A duke in the *Downton Abbey* Christmas special? Not so much.

04

"I INVENTED THE ACRONYM 'OMG'"

Unless you're friends with one of the six social media completists who still use Myspace and are currently championing their Ello account, you can pretty much waffle your tits off about anything relating to the early days of social networking. Sure, it's a far-out claim, but it's also one that's damn near impossible to disprove

03

"I USED TO BE IN A FAMOUS BAND"

"Being in a band" is one of the easiest bluffs to pull off, particularly if you give yourself a modest role in a fairly low-down-the-bill outfit. Try "I used to do hand percussion for Los Campesinos!" before graduating to whoppers about being one half of Daft Punk.

02

"I'VE RUN A FEW MARATHONS"

Marathon running is one of the few endurance skills that no-one's ever going to ask you to prove on the spot. Avoid being rumbled by taking a blurry selfie of yourself wrapped in tinfoil, clutching an old Year 10 football medal.

01

"I'VE WON THE LOTTERY"

Have you ever noticed how the richer people are, the more free stuff they get? It's amazing what a Porsche key ring, a few bottles of Piz Buin and a magnum of Champagne sprayed willy-nilly can do to give off the impression you've come into some money. Although we're pretty sure someone really did do this and went to prison for fraud. So, you know, be careful.

WORDS: SI CUNNINGHAM. PHOTOGRAPHY: GETTY

See you next month...



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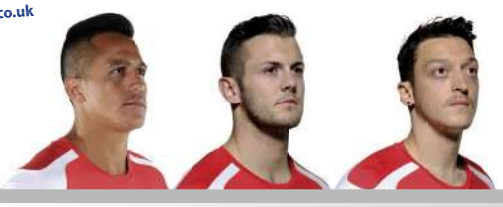
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